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PEEL WEEKLY NEWS

Week of Sep. 12, 2019

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All bets are off as federal writ drops

by Surjit Singh Flora & Alex Gregory

Prime Minister Justin Trudeau speaks in front of supporters at Rideau Hall, minutes after meeting with Governor General Julie Payette and agreeing to dissolve Parliament on Sep. 11, 2019. The federal election is scheduled for Oct. 21. (Photo Courtesy of AFP)

So it begins.
The 43rd federal election began in earnest Wednesday morning with Prime Minister Justin Trudeau dropping the writ in front of Rideau Hall, kicking off a breakneck five weeks of intense campaigning and jockeying in ridings throughout the country.

Peel Region promises to be a key battleground during the campaign, with an assortment of candidates in Brampton and Mississauga kicking off their campaigns this weekend with launch events and door-knocking activities.

Trudeau launched his campaign by

telling voters they will be a choice between moving forward or returning to "failed policies of the past".

"We've got an important choice to make on Oct. 21, and all of our work between now and then is about the kind of future we want to build together. Do we go back to the politics of the Harper years, or keep moving forward and build on the progress we've made together? I'm for moving forward, for everyone – and I'm counting on your hope and hard work as we start out on this new campaign," Trudeau said.

The writ drop comes a day after a

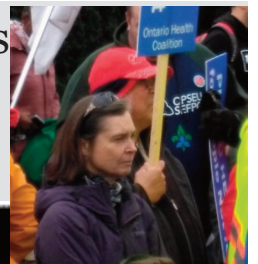
news article detailing that the RCMP has been stalled by a refusal by the Liberals to lift cabinet confidentiality for witnesses involved in a potential obstruction of justice investigation in the SNC-Lavalin affair.

The article, written by The Globe and Mail, states that individuals involved in the matter are barred from discussing any events or documents that haven't been exempted from cabinet confidentiality.

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Town hall prescribes tough medicine for federal candidates

by Catherine Soplet

With the federal election being called Wednesday afternoon, Peel Health Coalition is writing a "prescription" for all Peel Region candidates.

The Coalition does not want a federal election to mask the healthcare crisis in Ontario, and particularly in Brampton.

It is adamant to ensure

that hospitals and all public healthcare services are fully publicly funded.

Federal candidates will be asked to provide their platform for pharmacare and

Canada Health Act compliance at a Town Hall called for Sep. 29 at Terry Miller Recreation Centre in Brampton.

"Tough medicine is required from the federal government, to ensure provincial delivery of transfer payments for health," said Richard Antonio, chair of the Coalition, which works alongside Peel Poverty Action Group.

In Ontario and other provinces, federal budgets allocated for healthcare have not been tapped by provincial counterparts, who leave money on the table at the same time that healthcare budgets are axed or redistributed.

Antonio believes that gaps in coverage create a costly revolving door in healthcare, when care plans for low-income residents or those without extended health benefits cannot pay for prescriptions nor assistive devices nor therapy.

Head to toe, publicly funded, comprehensive primary healthcare is the

Coalition's aim. "We can do better to help more people, with comprehensive pharmacare, dental care, eye-care and mental health coverage," he said.

More than 3.5 million Canadians are currently struggling to pay for their prescription drugs at the same time as one in five Canadians don't have access to dental insurance.

Brampton's need is particularly dire.

A disturbing report produced this year by Wellfort Health Services, serving Brampton and Malton locations, exposed the underfunding and underservicing of Brampton's hospital system and primary healthcare ecosystem relative to Ontario provincial averages.

Edesiri Udoh, Wellfort Health's promotion coordinator, compared Brampton to Hamilton, which are close in population with 593,638 and 690,000 people respectively.

• Brampton has one hospital and one urgent care centre.

• Hamilton has ten hospitals plus one hospital dedicated to mental health; as well as five community health centres.

By comparison, London has a population of 400,000, and has one hospital and two community health centre locations.

Both Hamilton and London have long-established universities (McMaster and Western), whereas Brampton does not.

In August, the Coalition endorsed the City of Brampton Fair Deal on Healthcare petition to the Ontario government for urgent funding for Peel Memorial Hospital, and a new third facility for Brampton.

The Peel Health Coalition was formed following the Rally Against Healthcare Cuts held at Queen's Park on Apr. 30.

Further information on the Town Hall can be found on Facebook by visiting facebook.com/events/653105188510511.



Brampton councillor moves motion to boost community safety

A motion to improve community safety in Brampton was unanimously passed by city council Wednesday, bolstering continuing efforts to combat violence in the local area.

Wards 3&4 regional councillor Martin Medeiros made a motion to ask the Region of Peel to develop an outreach strategy for Brampton's downtown core which will address homelessness, addiction and mental health issues, along with boosting security and safety at City-operated facilities and public areas.

"I've heard loud and clear from residents that there has been an increase in community safety and security concerns in the Brampton downtown area," Medeiros said Wednesday.

Medeiros' motion was supported by fellow councillors Jeff Bownman, Rowena Santos and Paul Vicente.

The city has faced increased scrutiny from politicians at all levels over the summer due to a rash of shootings and violent incidents that have dominated media headlines.

Late last month, Brampton council approved \$300,000 in funding for community safety projects in the 2019 Budget, following provincial announcements detailing investments into a Guns, Gangs and Violence Reduction Strategy.

Council also announced last month that it anticipates working closely with Peel Police to put forward public safety projects as the province establishes a

GTA/Greater Golden Horseshoe (GGH) Gun and Gang Fund, focused on supporting community safety projects and partnerships in the GTA and Greater Golden Horseshoe.

Medeiros said the motion would also ask the region to collaborate closely with the Downtown Brampton BIA

and other community organizations to support the outreach strategy.

"I look forward to collaborating with regional and city staff, and local stakeholders, to enhance Downtown Brampton's image and increase the sense of community pride in our downtown," Medeiros said.



Suspects sought in Brampton assault case

Two suspects are being sought in connection with a robbery that occurred last week in Brampton.

22 Division's Criminal Investigation Bureau said Monday that it is asking for the public's help in connection with the incident, which took place on Aug. 30 in the McMurchy Avenue area.

The incident, which occurred around 3 p.m., involved a 57 year-old disabled man in a wheelchair who was approached by two men in the lobby of a building.

The suspects pushed the victim out of his wheelchair and assaulted him, then stole an unknown quantity of cash before

fleeing the scene on foot.

One of the two suspects in the case was later identified as Jerome Smith, a 32 year-old man of no fixed address. A warrant has been issued against Smith for one count of robbery.

The second suspect is described as a black male, approximately 30-40 years old, 5'8, 200 pounds, wearing a black shirt, black pants and a black baseball cap.

Police are asking residents for any additional information related to the case, and that anyone with leads call 22 Division at (905) 453-2121, ext. 2233.

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Brampton kitchen party a “city starter”

by Catherine Soplet

"My friend Bob, a chef in Toronto, says the best food in the GTA is found in Brampton," said nationally acclaimed CBC food critic Suresh Doss,

The insight struck a chord in the audience at Brampton's Rose Theatre, who had just enjoyed a "Taste of Culture" food menu curated by Doss to represent the cultural mosaic of Brampton.

Prelude to a seminar on city-building, the international tasting plate drew from Rick's Good Eats (Punjabi fare of Butter Chicken, sided up with Basmati rice and Kachumber Salad); Radica's Hot & Spicy Roti and Doubles (Trinidadian doubles); and La Gran Uruguay (spinach empanada).

The audience drew urban planners, architects and developers drawn by Urban Land Institute Toronto to Brampton, to kick off a two-day working session entitled "Urbanizing Suburbia: The Nordic Solution". The event was held in partnership with Nordic City Solutions, Ryerson University and the City of Brampton.

Spanning the GTHA from Niagara to Durham Regions and

north to York, participants were eager to hear from experts in Helsinki, Copenhagen and Seattle on sustainable city planning for densification and growth, with green environment in mind.

The insight into excellence in planning sustainable communities was also a connector to local expertise embedded in the precincts.

Counterintuitively, the secret to food excellence in Brampton lies in its expanse of strip malls.

Bereft of transit connectivity, and distanced from other amenities, the low-foot-traffic areas corresponded to low-rise and low-cost overhead amenable for industrial kitchens, where newcomer families could refine their food-craft excellence, and be a cultural magnet serving a localized geography.

Doss had two suggestions for urban planners that strayed from the traditional development process. First, design public spaces into built form plans to include food as a core activity, not as an afterthought.

Secondly, keep those public spaces in a semi-permanent

form to bring interest and surprise into the destination space.

As examples of semi-permanence in Toronto, Doss referenced the Stakt Market of shipping containers, which can be reconfigured to change up traffic flow and purposed spaces. In a more suburban space, the use of food trucks adapts the food-focussed ecosystem.

The common key to a successful urban precinct is barrier-free traffic flow, for both people and ideas, with points of

aggregation on the route, but not for automobiles.

"The Helsinki budget does not place road expansion in its top ten priorities," said Jani Moliis, Vice-Director, Economic Development, City of Helsinki.

In planning for its Crown Bridge to connect repurposing industrial lands for redevelopment lying across the bay from the Helsinki city core, automobile traffic was banned. The bridge serves foot traffic, cyclists and tram riders.

"Those in cars can drive

around the bay, as they always have done," said Jani. He noted that resistance was fierce and prolonged, but as a result, absent the space allotment required for automobiles and roads, some 50,000 residents could be housed and employed in 20-minute neighbourhoods.

Jani's insight on how to sell densification to politicians was simple and erudite.

"With densification of people, you can better tap your vote."

That is truly food for thought.



Federal leaders make election pitches with five weeks to go

Continued from Pg 1

After meeting with Governor General Julie Payette to ask for the dissolution of Parliament and the start of the official campaign, Trudeau touted his party's accomplishments, including one million new jobs, a 40-year low employment rate and efforts to lift Canadians out of poverty. Despite the "real progress" that's been made, he told reporters that there's more to do.

"We know what we're up against, and we know what's at stake. The Conservatives like to say they're for the people, but then they cut taxes for the wealthy and cut services for everyone else," Trudeau said. "Instead, we can choose to move forward with our work to build a better future for all Canadians – but I need your help to make it possible."

At the time of dissolution, the Liberals held 177 seats, while the Conservatives held 95, the NDP held 39, the Bloc Québécois held 10 and the Green held 2.

Maxime Bernier, the leader of the People's Party, held one seat due to his victory as a Conservative in 2015.

Trudeau also courted controversy on Twitter by beginning his speech with an

acknowledgement of the 18th anniversary of 9/11, alongside an official statement from the Office of the Prime Minister.

"Today, on the 18th anniversary of this tragedy, we remember the nearly 3,000 victims of the attacks, which included 24 Canadians," Trudeau wrote. "We offer our condolences to those who continue to grieve their loved ones."

Despite the statement and acknowledgment of 9/11, some users on Twitter found the timing of the election call to be, in their words, "disrespectful" and "ignorant."

While talking to the media, Trudeau's remark that "we've all got a choice to make" was a targeted statement made towards Andrew Scheer's Conservatives. "Keep moving forward and build on the progress we've made, or go back to the politics of the Harper years," Trudeau said, taking a dig at his predecessor, Stephen Harper.

"Conservatives like to say they're for the people, but then they cut taxes for the wealthy and cut services for everybody else," Trudeau summarized.

Scheer, a former House Speaker, is heading into the campaign with a full war chest and polls suggesting his party

is neck-and-neck with the Grits. He has been buoyed by the fallout of the SNC-Lavalin affair, an issue on which he called for Trudeau to resign.

Last month, the federal ethics commissioner found that Trudeau violated ethics rules by improperly pressuring his former attorney general, Jody Wilson-Raybould, to halt the criminal prosecution against SNC-Lavalin.

Trudeau also breached ethics rules with a family vacation to the Aga Khan's private island.

Prior to boarding his campaign plane to head to Trois-Rivières, Quebec, Scheer reaffirmed his position that Trudeau has lost the moral authority to govern and said he doesn't believe the prime minister was not involved in the decision not to waive cabinet confidentiality.

"You just cannot trust Justin Trudeau. He will say anything to cover up his scandals, and he'll say anything to get re-elected," Scheer said. "Canadians cannot believe the things that he says."

NDP leader Jagmeet Singh said Trudeau isn't "who he promised to be," though he charmed Canadians with "pretty words and empty promises" four years ago.

Scheer's Conservatives aren't the answer, he said, warning of cuts to services under a Tory government.

Singh, who kicked off the campaign in London North Centre, has already ruled out propping up the Tories in a minority government situation because of Scheer's earlier views on gay marriage. While celebrated as a principled stand by some, others interpreted the words as a concession the NDP aren't playing to win.

The NDP, which entered the 2015 campaign as slight front-runners, face an uphill climb this time around. Singh pitched himself as the "growth candidate" to replace Tom Mulcair, but has struggled to find some momentum and money.

During his announcement, Singh said that the party will build 500,000 new affordable housing units and put \$5 billion into government housing programs if elected, along with putting \$15 billion into a national climate change plan.

Despite that, he steered clear of saying exactly how the party would pay for the initiatives, saying instead that the party would look towards tax increases on the wealthy and businesses to raise capital.

He also stated that the party would be working with Parliament Hill's Budget Officer to outline the platform costs, but did not give a timeframe for its completion.

Singh repeatedly called for Canadians to have the "courage" to take on the pharmaceutical industry and to do what is necessary to solve the climate crisis. He also touched on what it means to be chasing the job of prime minister as the first person of colour to lead a major federal party.

"When I was a kid, I never imagined that someone that looked like me could be running to be prime minister. People told me, time and time again, the things that I couldn't do," he said. "Now, kids come up and say, 'Seeing you do this, I feel like I can do anything.' And that's inspiration."

In recent months, Singh's party has kept a close eye on Elizabeth May's Green Party, who have been rising to double digits in some polls. The Greens also scooped up a former NDP seat in a B.C. federal byelection last May.

The first leaders' debate kicks off Thursday evening with Scheer, Singh and May in Toronto. Trudeau will not be attending the debate.

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Opinion

Trudeau “hollowing” education as the writ drops

by Surjit Singh Flora

Prime Minister Justin Trudeau says Canadians ‘need a teacher’ as prime minister to protect public education.

According to Trudeau, “public education” is not a social or moral issue, but a “solid economic” issue that Ontario Premier Doug Ford and federal Conservative leader Andrew Scheer do not believe invest in “people.”

Therefore, it is even more important for the people to elect a ‘teacher’ for prime minister, he claims.

Trudeau has been a drama teacher, and many people think he is a good dramatist as a politician.

In the 2015 election, Trudeau promised that the Liberal government would budget \$20 billion in debt for the first three years to win the election, to boost the economy, and for the fourth year, to balance the budget in 2019. What exactly is Trudeau doing?

It’s 2019, and the budget has a \$20 billion deficit. In the three years that have passed, the total budget is short about \$20 billion every year, instead of an overall budget shortfall of \$20 billion.

In these four years, the budget is \$80 billion short, and interest on this loan is also increasing, which further increases the debt.

That shows that Trudeau is

a ‘teacher’ who doesn’t even know the difference between 20 and 80.

Oh, I’m sorry! I forgot he was a Drama teacher - he can play the political and show his crocodile tears, but can’t calculate because, merely, he’s not a math teacher.

However, even if he was a math teacher, I still don’t think he would get the proper calculations, as he cannot calculate the refugees coming to Canada and the NAFTA deal with the USA. No matter what, Canada is losing at the end of the day.

If he knew that then, the budget deficit would have been closer to some of the election promises made to the people.

At one time, Trudeau had also said that the budget would balance itself. Perhaps the drama teacher was waiting for the budget’s ‘magic power’, or maybe all of these four years, he forgot to rub the magic lamp that would allow the budget to balance itself.

If Trudeau becomes Prime Minister again, then the Treasury Minister should be abolished and replaced by the Ministry of Expenditure.

The task of this new minister must be to forget government spending and to leave the budget open to balance itself.

Surprisingly, Trudeau is making ‘public education’ an issue for federal election campaigns, which is not a federal issue at all.

The Canadian PM has nothing to do with education from kindergarten to grade 12. This issue is the sub-government that sets it up in their own province.

Municipal governments impose ‘education tax’ on properties in their jurisdiction that go to the Sub-Education Fund, which runs the public education system of each provincial and municipalities.

Why is Trudeau trying to contest the federal election on the sobriety issue? Does the Trudeau government not seem to win voters’ minds over federal issues that are raising the question of delusion?

Many of Trudeau’s ministers, MPs and sentries are also raising concerns in the matter. Kamal Khara, the Liberal MP from Brampton West, raised the issue of the lack of health services (hospital beds) in Brampton while talking to a radio station, and blamed Doug Ford’s government.

Khara has forgotten that the country’s immigration policy is under the control of the federal government, with over three million people coming to Canada in the past four years. Brampton’s immigra-

tion growth rate in particular is twice that of the region.

Tens of thousands of immigrants in the city are overburdened and saddled with lackluster health care services. The number of abortions has increased, which is free and costs the province.

It’s easy to blame the Ford government, which is dealing with a huge budget deficit, with debt interest at \$1 billion a month.

The people of the state are not in a position to pay further tax, and the government is not able to get the additional loan.

The Trudeau government needs to talk about crime, immigration fraud and public safety of Canadians over the next few weeks.

Instead of blaming the Ford government for a single hospital in Brampton, it is also not fair because the Ford government is still a year and two months away from any major changes.

For the past 15 years, Liberal government neither built a second hospital in Brampton nor balanced the province’s budget.

It has caused the people of the province to sink into record debt. Trudeau and his ministers should talk about Canada’s financial situation, rising budget deficits, rising immigration’ fraud, crime /

public safety, and Canada fighting internationally.

Subdivision issues should be left to the province government.

The thought of ‘public education’ in the face of Trudeau seems to have come to an end, as he himself has been educated all the time inexpensive private schools that charge hefty fees. There are also two types of private schools. A simple private school and other elite private schools with children accessibility.

Trudeau’s private school in Ottawa was an expensive elite facility whose subjects are also in France. After this, Trudeau studied at the Elite

Private College in Montreal, which the general public cannot afford to say, but the worry about ‘public education’ is getting louder.

The annual tuition fee for Trudeau’s private school in Vancouver (West Point Gray Academy) is \$23,490.

Liberal Finance Minister Bill Morneau’s daughter attends a private school with a \$33,850 fee and an enrollment fee of \$8,500.

Trudeau is not concerned about public education, but the votes and notes of the Public Sector Teachers’ Union. Thus, it can also be termed as ‘the hollowing of the people.’



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Board of Trade backs agenda for growth

As the federal election kicked off Wednesday, a local board of trade announced its support for a national campaign advocating for growth in trade and innovation.

The first report in the "Agenda for Growth" campaign was released by the Canadian Global Cities Council (CGCC) Wednesday, outlining the policies that election candidates should support to bolster good jobs and economic growth.

Canada has carved out an enviable position as an innovation powerhouse on the global stage creating business opportunities and jobs, says the report, but to rest on its laurels, or back-track on the gains made is to risk Canada's future prosperity, warns the coalition, which encompasses eight the country's largest urban Chambers of Commerce and Boards of Trade.

"This election, we are calling on all parties to create the right conditions to enable Canada's businesses

to not only cope with the swift pace of change, but also thrive in the new economy," said Brampton Board of Trade CEO Todd Letts.

"For Canada and its metropolitan regions to continue to be the best places to live, work, own a business and invest, this election we are calling on campaigning parties to champion our Agenda for Growth."

To ensure a level playing field, the report states, clear rules must exist for businesses, and Canadians' privacy and data are protected, by building enabling frameworks for the innovation economy. This could be done by establishing a national data strategy, leveraging the data collected by Statistics Canada to a greater degree, and capturing more of the value of Canadian intellectual property.

To help strengthen and grow business confidence in the current global trade environment, the next federal government should di-

versify by ratifying signed trade agreements, prioritizing new emerging markets, enabling Canada-wide free trade, accelerating airport screening and supporting small-medium enterprises (SMEs) to diversify exports, the report states.

"For Canada to be at the forefront of the global economy, we must adapt to the changing nature of competitiveness. We need decisive action to build policy frameworks that unleash our ability to commercialize great Canadian innovations," said CGCC chair and Toronto Region Board of Trade president Jan De Silva.

"While Canada ranks as the fifth most digitally connected country in the G20, we are held back by a lack of a national data framework that should build off and align with international best practice, establish common rules across the country, and help create the conditions for Canadian companies to commercialize their inno-

ventions, here, as first movers."

The country has a robust start-up ecosystem, but to spur job creation the next government should support business growth by improving procurement opportunities for SMEs, encouraging sector collaboration, modernizing the tax system and streamlining regulation, the report concludes.

"Thriving businesses create jobs, give back to our

communities and contribute to the fabric of Canadian society," said Edmonton Chamber of Commerce president Janet Riopel, in a statement Wednesday.

"By taking bold steps to boost market access and trade both within Canada and beyond our borders, the federal government can ensure Canadian businesses have access to the customers and suppliers they need to grow, compete

and succeed."

Over the next three weeks, the CGCC will release a series of policy playbooks with clear recommendations for the campaigning federal parties to consider and the next government to adopt focused on issues that matter to businesses in Canada's large metro regions.

For more information, visit the CGCC website at globalcitiescouncil.ca.



Brampton man charged in stabbing

A Brampton man is under arrest in connection with a brazen afternoon stabbing incident that occurred late last month.

22 Division's Criminal Investigative Bureau said that the incident took place on Friday, Aug. 30, around 4:42 p.m. in the Church Street East and Main Street North area of Brampton.

The incident was caused by a physical altercation that ensued between several men at a convenience store.

The victim, a 36-year-old man, tried to intervene and was stabbed by one of the

men who then fled the scene. The victim was transported to a trauma centre with serious but non-life threatening injuries.

This past Saturday, Sep. 7, a 26 year-old man from Brampton, who was not identified by press time, was arrested and charged with one count of breach of recognizance, and one count of aggravated assault. The suspect appeared for a bail hearing in Brampton court on Sep. 8.

Anyone with information related to this incident is asked to call 22 Division at (905) 453-2121, ext. 2233.

Local legion donates \$10k to combat veterans' homelessness

by Catherine Soplet

"Lest we forget" held a dual meaning at Port Credit Legion Wednesday evening.

Coinciding with the 18th anniversary of the terrorist attacks on the World Trade Center in 2001, the south Mississauga Legion donated \$10,000 from its Poppy Fund to the "Operation: Leave the Streets Behind" charity, which secures housing for homeless veterans.

Homeless veterans are increasingly younger soldiers. Canada's troops returning from the War in Afghanistan, triggered by the 9/11 Taliban attacks, can suffer from post-traumatic stress syndrome and other war-inflicted injuries, which can cause gaps in supports that in turn lead to bouts of homelessness.

The cheque was presented by Port Credit Legion president Jim Camilleri to Lino di Julio, a six-time organizer of the annual Road To Recovery multi-day Ruck March.

To raise awareness and

funds, a team of six veterans carrying up to 27 kilo backpacks will march four days to cover a 150km route between Port Credit and Burlington. The trek makes overnight stops in Georgetown, Guelph, and Lynden before reaching Burlington.

The Ruck March originated

as a way to commemorate the members of the military, police, paramedics and firefighters that were lost the year before.

All proceeds raised from the Ruck March go towards "Operation: Leave the Streets Behind", a charity maintained by the Royal Canadian

Legion. In 2018, more than \$100,000 was raised.

All donations paid to Road to Recover are tax deductible through the Legion, and can be made on-line by visiting crowdise.com/o/en/campaign/road-to-recovery-2019-homecoming.



Mississauga man under arrest in connection with sex assault investigation

by Alex Gregory

A 73 year-old Mississauga man is under arrest in connection with a sexual assault investigation, Peel Police reported Saturday.

The police force's Special Victims Unit said that a 16 year-old male victim was visiting a store in the Eglinton Avenue West and Creditview Road area on Aug. 27 when he was sexually assaulted by the male suspect. The victim did not sustain any injuries as a result of the incident.

Police later received a series of community tips that led them to arrest 73-year-old Naeem Khan, of Mississauga, who was charged with multiple

offences, including two counts of sexual assault, two counts of sexual interference and one count of criminal harassment.

Khan later appeared in Brampton court to answer to the charges on Sep. 6.

Police say there may be other victims connected to the case, and are asking anyone who has had contact with Khan and thinks they may be a victim to contact officers from the Special Victims Unit.

Residents with any additional information related to the case are also asked to call the Special Victims Unit at (905) 453-2121, ext. 3460.



Police warning residents about Polish senior scam

Polish-speaking seniors are being targeted by a phone scam by individuals claiming that they are police.

The scam, revealed by 11 Division's Criminal Investigation Bureau on Monday, states that at least nine individuals were targeted by an unknown individual or group between June 25 and Sep. 19, with suspicious phone calls being placed by someone who communicated in Polish and stated that they were a police officer.

All of these incidents occurred during midday, between 12 - 1 p.m., and had the caller asking the residents what money or jewelry they had in their house. The caller then went on to say that the resident's phone lines were tapped, before ordering them to withdraw money from their bank account and put it outside their homes, under threat of claiming that four

armed individuals would be coming to collect the funds.

In most cases, the residents called police immediately, and did not sustain any loss as a result.

In a statement, Peel Police said that residents who receive a call similar to the aforementioned scam should obtain a name, badge number and police service of the person identifying themselves as a police officer.

Any requests for money by an unknown person should also be treated suspiciously, they advised. A police officer will not call to ask a resident for money or personal property over the phone.

Residents who have any additional information regarding the investigation are asked to call 11 Division at (905) 453-2121, ext. 1133.

UTM mourns passing of former president

A fixture at a local university passed away suddenly last week, just a few days before his 82 birthday.

Desmond Morton, the former principal of University of Toronto - Mississauga, was a former teacher and historian who joined the university in 1970, and later became its principal in 1986.

Morton was responsible for several key initiatives and developments throughout the university's history, including the development of two joint programs with Sheridan College and the creation of the Kaneff Centre and Innovation Complex, two key entry points for students entering the campus.

Ian Orchard, the acting vice-president and principal for UTM said that he was "deeply saddened" to hear of Morton's passing, and that the university lost a valued member of the community.

"Des played a critical role in building UTM's strong ties with our local community, and was a highly re-

spected academic and teacher," said Orchard.

Born in Calgary in 1937, Morton joined the Canadian Army in 1954 as an officer cadet and retired as a captain.

At UTM (then known as Erindale College), Morton first worked as a history teacher and later served a three-year term as its vice-principal of humanities and later, academic vice-principal. Morton succeeded Paul Fox as principal in 1986, while continuing to write and teach.

Morton would pursue other academic opportunities after leaving in 1994, becoming an Officer of the Order of Canada in 1996, and serving as the founding director of the McGill Institute for the Study of Canada, and as a professor in McGill's history department from 1998 to 2006. Morton was also the author of over 40 books on Canadian military, social and political history,

Inquest called in 2015 death of Aurora worker at Brampton construction site

by Alex Gregory

An inquest has been called into the death of a man working on a major construction project in 2015.

The inquest will centre around the circumstances of Mark Attallah's death on Apr. 21, 2015, when he was working on the construction site of the expansion of Gore Meadows Community Centre and Library.

At the time of the incident, construction was being overseen by the contractor Forma-Con, which was providing case cement and formwork for the project.

At the time of the incident, Forma-Con had been informed 12 days previously that a crane being used at the construction site was dangerous.

Despite being informed by a Forma-Con worker, Andry Sokhan, that the

crane was unsafe and a supervisor, Gordon Graham, claiming it should be shut down, the crane was still used as normal.

On the day of the incident,

the crane was being used to hoist a load and began to lower its boom. Soon after, the crane tipped to the side of the operator's cab and the boom struck Attallah.

Attallah was later pronounced dead at the site.

Forma-Con, Graham and Sokhan later entered guilty pleas in Brampton court, and were subsequently fined a total of \$313,000 for failing to take reasonable precautions to protect Attallah.

In a statement Tuesday, the province said that Dr. Geoffrey Bond will preside as the inquest coroner, while Ikdeep Singh will act as counsel to the coroner.



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PEEL WEEKLY NEWS BUSINESS

Digital Newspaper

Province announces “Project Now” to end youth suicides

by Alex Gregory

The province is putting up \$3 million over the next three years to prevent youth and child suicide, it was announced Tuesday.

Some of the province's top ministers and repre-

sentatives, including deputy premier Christine Elliott, education minister Stephen Lecce and community and social services minister Todd Smith were on-hand alongside Mayor Bonnie

Crombie and municipal leaders to make the announcement - part of a larger push to bolster mental health programs throughout the province.

The initiative, dubbed “Project Now”, aims to

end youth and child suicide in Mississauga by 2029. According to statistics released by Peel Police, youth suicides increased 52 per cent from 2012 - 2016, with ten youths committing the act and 157 youth attempting it in 2016.

Project Now is a cross-sector initiative that has already received more than \$3 million in support from local donors, and will work to end stigma and provide greater access to mental health programs, said Lecce, speaking at the Mississauga YMCA.

“We have the power to change lives, inspire hope,” Lecce said.

Figures released by the province show that 14 per cent of high school students have considered committing suicide in the past year, with four per cent having attempted it.

The province previously announced in May that it would be investing \$3.8 billion over the next decade to develop and implement a comprehensive and connected mental health and addictions strategy.

Elliott said that the province is continuing to make their mental health and addictions strategy a priority.

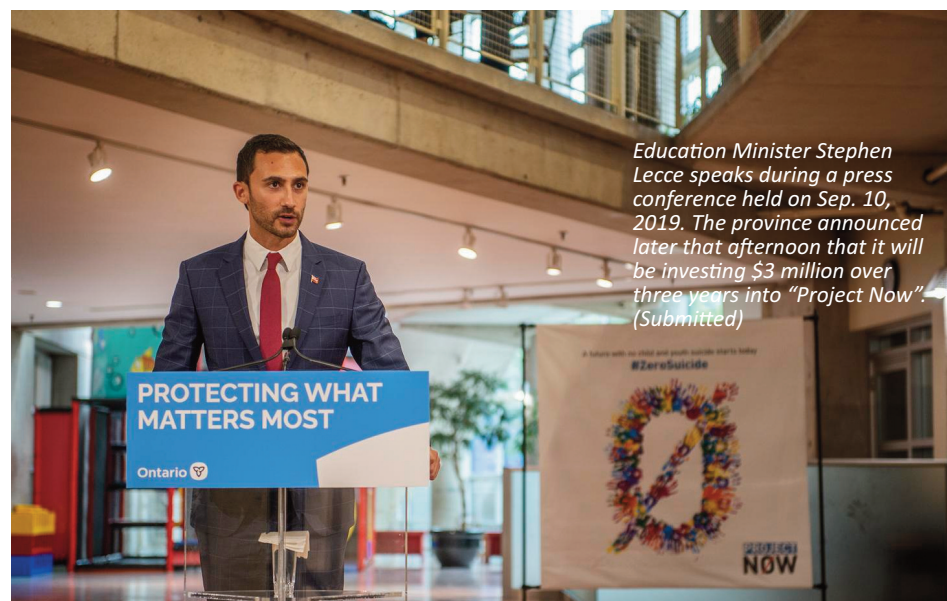
“Combined with funding from project partners, our government's funding will help raise awareness, equip community leaders and families with the tools to better support children and youth experiencing mental health challenges, provide better connected care and fill critical service gaps,” said Elliott.

Some of the resources and supports provided by Project Now include public awareness campaigns,

standardized child and youth suicide screening tools across all partners, improved transitions for children and youth from emergency departments to the community, shorter wait times and education programs to help children and families navigate local mental health services.

The initiative has already attracted support and partnership from local health providers, including Peel Children's Centre, Peel and Dufferin-Peel Catholic School Boards, Peel Public Health, Trillium Health Partners and the Region of Peel.

The partnership is the first of its kind, said Crombie. “We need our kids to know that their lives matter and they are loved,” she said.



Education Minister Stephen Lecce speaks during a press conference held on Sep. 10, 2019. The province announced later that afternoon that it will be investing \$3 million over three years into “Project Now”. (Submitted)

Brampton cannabis provider touts “odourless” variant

Brampton's CannabCo announced Tuesday that it has signed an agreement with an undisclosed technology provider to utilize a technology that will see “odourless” cannabis come to the marketplace.

The cannabis company, whose head office is located in the Queen Street/Airport Road area, said that it will have exclusive rights to deploy the technology for use in its Canadian production.

Originally developed for the medical market and dubbed “PURE-CANN”, the technology was designed to eliminate much of the harshness of smoking cannabis

by consumers without losing any of its properties.

By its nature when burnt, cannabis typically causes coughing and is very heavy when inhaled, said CannabCo's chief operating officer, Mark Novak.

“The technology when deployed eliminates much of the harshness of smoking cannabis in its dry form allowing the process of using cannabis far more tolerable while retaining the essential properties,” said Novak.

The technology also virtually eliminates odour typically associated with cannabis, both when packaged and stored

prior to use, also during the time it is smoked.

In a statement released Tuesday, the company said it intends to utilize the technology for production of products distributed to the medical and recreational markets.

“Over the last two years, we've observed product being processed with the system and we were given the opportunity to provide feedback and suggestions for the refinement of the process,” said Novak. “We have been incredibly pleased with the results... CannabCo will be able to produce a wide variety of products currently not in the marketplace, ad-

ressing a key market segment that currently does not exist.”

The company is currently raising capital, constructing its pilot facility in Brampton, Ontario, and has received a Confirmation of Readiness notification from Health Canada for their pending cannabis license.

CannabCo intends to implement the PURE-CANN technology upon completion of licensing by Health and intends to produce a number of product lines addressing key segments in the medical and recreational markets.

CannabCo also recently announced the intention

to deploy PHOENIX technology for its indoor grow operations reducing cannabis production costs to under 50 cents per gram. “We intend to allocate a portion of product cultivated with PHOENIX for the manufacture of specialty products using PURECANN,” said Novak.



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The Plight of Homeless in Peel and the GTA

by Surjit Singh Flora

The Farmers' Almanac advised Canadians to brace for a 'polar coaster' winter, if the latest predictions are to be believed.

The 203-year-old publication reveals its forecast for the winter ahead – and the outlook is bitterly cold. The almanac warned that very cold "Arctic air could cause temperatures to drop as low as -40 Celsius."

As a bitter freeze descends on Canada, many Canadians have the luxury of pushing their thermostat up an extra notch to combat the cold – but those without shelter struggle through the harsh Canadian winter each year, sometimes unable to survive the season.

Last April, city staff roamed Toronto's ravines, parks and underpasses and counted 533 Torontonians sleeping outside. The city created the position of "parks ambassador," a kind of security guard-meets-social worker who patrols encampments and directs the homeless to housing programs.

Between 2015 and 2017, the number of encampments removed by the city doubled, and last year, another full-time ambassador and four seasonal employees were hired to manage the growing population.

While needy people suffer or lose their lives, soaring rental prices have far outstripped increases in wages or govern-

ment support, enormously pressuring anyone who tries to find an affordable place to live.

Toronto is experiencing the effects of multiple trends coming to a head. Years of underinvestment in social housing from all levels of government have left the city with a 98,000-person waiting list.

Also, an overcrowded shelter system has been forced to absorb a surge of refugee claimants and people affected by the opioid epidemic.

All levels of government have failed to provide beds to all those who knock on their doors for protection. Earlier, shelters were sought by the homeless, mostly in the severe winters.

These homeless people are financially broken and socially abhorred, but somehow keep themselves going. However, the feeling of fear, doubt and resignation is writ large on their faces, as they don't have roofs over their heads as most of us do.

They have to search up and down every night to find a place to sleep where they won't be awakened by a police officer who doesn't like where they are.

It has become a debatable matter where opinions differ, and outlooks vary. Some of the people who are lucky to have a job and work hard to make life worth living argue that the

homeless are the work-shirkers or the drug addicts who lead a life without doing anything and are the taxpayers' burden. That may be partially true, that it isn't the whole truth.

Homelessness often arises because of joblessness or low pay, domestic violence or drug and alcohol addiction, say social scientists. Frustration caused by physical and mental illness also turns many homeless.

There are still others who, after being discharged from hospitals or jails, have nowhere to go. Dispossessed and socially outcast, they often knock the doors of homeless shelters.

Those people, in fact, need rehabilitation and acceptability in society more than anything else. We dismiss their presence if ever we find them in a public place.

They become invisible to us, despite being present in abandoned buildings, on city streets and the roads, in its parks and alleys.

Have we ever realized how lucky we are because there is always someone less fortunate than we who doesn't have a roof above their head and doesn't have near and dear ones by their side?

Devoid of asleep in a warm bed, they don't eat a proper meal a day or receive necessary medical attention. The plight of

homeless people is easier explained than one actually experiencing their life.

Many people believe that the homeless are ignorant, unintelligent human beings who have no place in our community, when in reality, some have more common sense and awareness than the people who often sit on a judgment seat.

What they need is not mere sympathy, but more attention and real help from society than what they have been getting so far.

Everyone wants protection from the cold – if you're cold, take shelter and warm up. They are human beings, they need support, not our judgments.

Homeless people also age fast due to trauma and stress, further jeopardizing their health and making them vulnerable to living in difficult conditions.

People that are homeless or living in poverty can't always find shelter – shopping malls close, coffee shops don't want them to stay for long periods, and many can't afford \$3.50 to ride the TTC all night – the list goes on.

This population is constantly fighting stigma as well as Trudeau Liberals opening the door for anybody no matter, they are refugees, terrorists or students. It needs to stop.

If you are living in Brampton, Caledon or Mississauga and are

homeless or at-risk of homelessness, consider the following resources:

If you are fleeing violence or abuse, call Interim Place North at (905) 676-8515, Interim Place South at (905) 403-9691. Family Life Resource Centre at (905) 451-4115 or if you have children with you, call Peel Family Shelter at (905) 272-7061.

If you are a youth between the ages of 16-24, call One Place Peel at (905) 238-1383 or the

Queen Street Youth Shelter at (905) 791-2334.

Shelters also provide temporary accommodation and related support services that assist people to move into housing.

To access a shelter, call 311 or Central Intake at 416-338-4766, 1-877-338-3398. Youth and adults can get a walk-in referral from the Streets to Homes Assessment and Referral Centre at 129 Peter Street.



Gas tax installment delivered to region

The first of two payments made through the federal Gas Tax Fund is being delivered to Peel, Infrastructure Canada announced last week.

The payments are part of a \$408.3 million federal boost to the province for the 2019-20 fiscal year.

In addition to the annual GTF allocation, the province will receive a top-up payment of \$819.4 million, made available through the 2019 budget. The one-time top-up payment will double the amount of funding for every municipality across the country, the agency said in a news release.

The Region of Peel will receive its first installment of \$41,916,757 as its annual allocation, and an additional \$41,304,765 through the top-up.

The federal Gas Tax Fund

makes over \$2 billion a year available to Canadian communities who use this fund to develop a diverse range of infrastructure projects.

Earlier this year, Prime Minister Justin Trudeau made a stop in Mississauga to highlight the top-up, stating that the fund representing a "strengthening of the

relationship between the federal government and municipalities, and an understanding that as the level of government on the front lines, we need the funding and tools necessary to build world-class cities and healthy, prosperous communities."



Technology wanted for library's digital transformation

Mississauga Library is issuing a Request for Expression of Interest (RFEI) to assist in delivering technology services to the wider community, the city announced Monday.

Companies and individuals are invited to express their interest in contributing leading edge technology to help transform and improve library programs and services.

The RFEI is open to companies and individuals interested in sponsorship opportunities for state-of-the-art IT hardware, software and/or expertise that will enable the Library to expand its operations, programs and services.

The RFEI is aligned with the City's Future Directions – 2019 Library Master Plan and the SMRTCTY Master Plan.

In a release, the Library

said that it is working to improve its service and operations to meet the changing needs of its customers.

With increased demands for technology and the growing gap in public access to technology, especially among our youth, the Library is working to enhance its role in promoting digital equity.

"We welcome ideas and contributions from those that share our passion for creating equal access to technology," said Mississauga Library director Lori Kelly.

"We would like to, for example, extend our Maker Mississauga program to more locations so that more people can use library equipment such as 3D printers, building kits, robotics, sewing machines, filmmaking tools and computers to help develop STEAM (science, technology, engineer-

ing, art, math) skills. We invite corporations and individuals who share an interest in promoting technology and in delivering digital services to the community to respond to the RFEI."

The Request for Expression of Interest is open until 3 p.m. on Oct. 31, 2019.

"By expanding our use of technology across all library locations, we can help create equal access to digital tools and enhance the quality of life in Mississauga," said the city's chief information officer, Shaun Slack.

An information session will take place on Sep. 27 at 10 a.m. in City Hall Council Chambers (300 City Centre Drive, second floor). For more information, visit mississaugalibrary.ca/rfei.

Moderate hiring climate anticipated for Mississauga

According to a recent ManpowerGroup Employment Outlook Survey, Mississauga area employers expect a moderate hiring climate for the fourth quarter of 2019.

“Survey data reveals that 13 per cent of employers plan to hire for the upcoming quarter, while 7 per cent anticipate cutbacks,” stated

Crysthian Medina, of Manpower’s Mississauga office. “The remaining 80 per cent of employers plan to maintain their current staffing levels in the upcoming quarter.”

With seasonal variations removed from the data, Mississauga’s fourth quarter Net Employment Outlook of +6 per cent is a two per-

centage point decrease when compared to the previous quarterly outlook, said Medina.

“It is also the same Outlook percentage reported in Q4-2018, indicating a cautiously optimistic hiring pace for the upcoming months,” she added.

As 2019 ends, the market for Canadian job seekers is a

bit of a mixed bag, says Manpower country manager Darlene Minatel.

While unemployment figures were at record lows over the summer, the hiring outlook seems to be weakening in some sectors. Companies want to remain competitive and maintain their employee levels as they go into the new year. At the same time, there is a real struggle to find and retain qualified talent

“On the positive side, Quebec is boasting their strongest hiring pace since we added the regional analysis to the survey 16 years ago,” said Minatel.

“With provincial finances under control and a strong tech scene centered around four universities, the province is making up for lost time and creating more jobs.”

Diversity roundtable launches leadership training program

Peel residents are invited to apply by Oct. 1 to be part of the Community Leadership Program, a free nine-month leadership training hosted by Regional Diversity Roundtable Peel.

“We’re seeking people passionate about and inspired by the diversity of Peel Region, people who are eager to build on their lived experiences as members of our diverse communities,” RDR Peel executive director Varsha Naik told Peel Weekly News earlier this month. “The CLP is an important program to support the Diversity & Inclusion Charter and grow equity in Peel.”

The D&I Charter’s Community Leadership Program (CLP) is aimed to build diversity, equity and inclusion (DEI) leadership among a diverse cohort of Peel residents, to advance the goals of the Diversity

& Inclusion Charter

The D&I Charter is a regional initiative to promote equity and inclusion in Peel Region. By endorsing the D&I Charter, organizations, individuals and communities express their commitment to making Peel a model for promising practices of diversity and equity.

The training runs from Jan. - Sep. 2020, and requires a time commitment of about 15 hours per month, including attending in-person sessions and collaborating with other participants to complete a community project.

“CLP will open up a whole new way of thinking to become an inclusive and confident leader,” says Kuldeep, a graduate of the program.

Interested residents can find more information and the online application at tinyurl.com/RDRCLP or by calling (905)232-7371.





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Caledon East physio clinic talks local journey

Started by friends and colleagues Andrea Prieur, Mike Boni and James De Santo, Core Solutions is a full-service therapy clinic located in Caledon East. Prieur recently sat down to discuss her career path and business journey.

Q: What is your business?
Andrea: We are a full-service therapy needs clinic. We offer physiotherapy, massage, acupuncture, athletic therapy – the major therapies that are in demand by regular people. We have dabbled in other things, but our core services focus on hands-on, one-on-one treatment by a therapist. I have two partners, Mike Boni and James De Santo. We all graduated from Athletic

Therapy at York University. Mike and James then went on to other post-grad courses and became physiotherapists as well. We went to school together, worked together afterwards and then decided that we would open our own business. It's like a family business: our spouses and kids all know each other, we've even vacationed together. We opened here in 2005 and have expanded to employ 10 or 11 staff. At this point we may have to look for new space! We try to accommodate staff when we hire. We try to work with what is best for each therapist. Many experienced therapists work at more than one

clinic as they are in high demand. A lot of clinics hire new grads with good skills but in the world of therapy hands-on skills are honed through post-graduate training. So that's what we look for when hiring a new therapist. Our claim to fame – if you ask our clients – is the personalized one-on-one care with hands-on manual therapy. **Q:** What brought you to Caledon to start the business?
Andrea: We were originally set up in Brampton. I remember coming out and scouting the area. We had done market research and knew it was an underserved area with regard to therapy services. People from here were going to Orangeville or Brampton for

services so we knew the demand was here. One of the first people I went to see was Mayor Morrison. We talked to her and Town staff about whether there was a demand for these type of services. We were put in touch with Economic Development and introduced to everyone. They also touched base with us along the way until we got into this space. It was very helpful. By the time we opened the clinic, my partners and I were all married and starting families of our own and I had already purchased a home in Caledon East. When the clinic first opened, the three partners were the only therapists working. We grew quickly; we brought in more therapists and offered more hours of availability. The response from the community was overwhelming and we still have loyal clients that have returned again and again since the beginning. **Q:** With partners how do you decide who does what and do you split your time between clinics?
Andrea: Yes, we all spend time with various aspects of both clinics. We have rotated the roles over the years but have now gotten to a point of splitting the responsibilities to be able to do what we like and focus where our strengths are. We do rely on our great staff. **Q:** What about you, has this always been your career path?
Andrea: I grew up in Peterborough, did my undergrad at University of Ottawa, which is also where I met my husband,

and then I went on to complete a certificate program at York University. I always knew I wanted to do athletic therapy. Athletic therapy as a profession is less heard of. It is a small community of health professionals with just over 1,900 Certified Athletic Therapists in Canada. Everyone defaults to say I'm a physiotherapist, and while yes, we do similar work, they are two totally different fields of training. Athletic therapists are trained in advanced emergency care. I used to do a lot of local high school sports coverage – football, rugby, different things like that – it was a great way to reach out but also a service we could offer the local area. I knew at one point early on that I wanted to own and operate a business and was fortunate enough to hook up with some like-minded people. And we went for it! Mike and James went to York University with me. We have been friends since working together in Brampton at another clinic. That is where our partnership started. Our families get together often to see their “Core Cousins”, and we have been told our business looks more like a family business than a partnership. Each of us have chosen to work elsewhere, which I think has brought a lot of services and applications back to our clinic. James is a co-owner of multiple clinics working at different locations and is a highly touted hockey coach that we don't see from August-June.

Mike is full-time Faculty at York University in the School of Kinesiology and is part-owner in a number of other clinics. I have been at York University for the last year running the Varsity Sport Injury clinic. **Q:** What do you like about living and having a business in a small village?
Andrea: It is great for my family here and we enjoy giving back. We sponsor local events and teams. We get involved in the community. In this building, there is a great mix of health/medical groups, it's a good intermingling for meeting health needs. The foot clinic, eye clinic, doctors and pharmacist we all support each other. We've worked together to share space at Caledon Day, we've done a combined newsletter, and done some advertising together. **Q:** What piece of business advice would you give to new small business owners?
Andrea: Build your network, not only for your business but to build your own skill set. Understand all aspects of your business but then hire others that have expertise to take care of certain things – like an accountant – it's worth the money to use professionals to do what they are the expert in, then continue to hone your skills to share with your clients. Core Solutions is located at 15955 Airport Road, Suite 101, in Caledon. For more information, call (905) 584-6747 or visit coresolutionsphysiotherapy.com.



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Celebrating Recovery Month in Ontario

by Sylvia Jones, MPP

In any given year, 2.5 million Ontarians will experience an addiction or mental health challenge.

During the month of September, our government will join Addictions and Mental Health Ontario to celebrate Recovery Month.

Marking the 13th annual celebration of recovery builds awareness and challenges the stigma around addiction.

Recovery month is an opportunity for the people of Dufferin-Caledon to share stories, discuss treatment options and to work together to challenge the stigma surrounding addiction.

In 2006, the first annual recovery campaign launched and it has since grown into a momentous occasion to raise awareness. It is important to remember that the road to recovery is different for each person, and for this reason,

we must continue to talk about addiction openly and to let others who are struggling know that they are not alone.

Addictions and Mental Health Ontario is a leader when it comes to addictions care in Ontario.

The organization represents almost 200 addiction and mental health groups who provide services and supports to Ontarians with their recovery.

We are proud to join them this year to mark Recovery Month, and I encourage you to join family, friends and residents in Dufferin-Caledon to build awareness and to celebrate the role of recovery in improving the lives of the people within our community who are struggling with addiction or mental health.

In Dufferin-Caledon, our government has already

made investments to improve mental health services for our friends and neighbours. In May,

The Ministry of Health announced the Canadian Mental Health Association Peel Dufferin would be receiving \$2,375,700 that includes \$700,000 dollars for Opioids Addictions Treatment and Services, \$165,700 dollars in funding for Peer Support Services and \$1,515,000 dollars in funding Mobile Crisis Teams, which help police assist people in crisis.

We have also committed an additional \$180,000 to Salvation Army Hope Acres in Mulmur and up to \$90,000 for Dufferin Child and Family Services. This funding will be focused on Community Addictions Services.

Over the next ten years, we have committed to investing \$3.8 million to build a connected mental health and ad-

dictions system.

The mental health care system in Ontario is disconnected, and it is difficult for both patients and families to get the care they need.

As a result, many Ontarians are waiting too long for services and are navigating a confusing system in their time of crisis.

In response, our government has added desperately needed services in communities, schools and health care centers across the province.

With a cross-government approach, we can work toward reducing wait times, enhancing addictions services, and building capacity in child and youth mental health.

This year's funding consists of \$174 million that goes toward child and youth mental health services across the province, as well as mental health supports in our edu-

cation system.

In addition, the investment includes more housing supports for people who are homeless and face mental health and addictions issues, faster access to addictions treatment for all Ontarians and new mobile crisis teams

that help police officers and first responders assist people with severe mental illness.

If you have any questions about recovery month, please call 1-800-265-1603 or visit my website at sylvia-jonesmpp.ca.



The cost of plastics at home and on the environment

by Surjit Singh Flora

By now, most people have heard that the use of plastics is a big issue for the environment.

People are more aware of the plastic pollution than that dangers to wildlife as well as the impact it can have on human haleness – with industries promising to tackle the issue.

The threat of plastics is on the rise today. If the nation is to be cleaned, plastic must be removed from every house.

But each coin has two faces – both advantages and disadvantages.

The benefits were great when people started using plastic for their convenience. We often see this at weddings, where 200-250ml plastic bottles are given to guests because it's difficult to provide a glass of water to each person and it's hard to wash them and do all the dishes.

But have you ever thought of how much waste you are creating? No one at the wedding parties drinks 250ml of water in one time, or drinks the same bottle after some time because they think it is against their dignity. We waste both plastics as well as the remaining water in the bottle.

Plastic has both advantages and disadvantages because it is a substance that isn't easily biodegradable. If we burn it, it has a terrible effect on our environment.

Plastics collected on the water or the ground are called plastic pollution, which harms the lives of animals, birds and humans. Plastic pollution also has a dangerous effect on the habitat of animals and humans. Plastic pollution affects the air, earth, waterways and seas.

In the beginning, our day begins with eating food served on a plastic plate by sitting on a plastic chair. Plastic is also used in the car, bus or any other equipment we leave at home, on the computer we work at in the office, or the pen we write with – they all made of plastic.

We have used plastic indirectly for our convenience, but today this plastic is a threat to us. In modern times, we are deliberately shutting our eyes and thinking of getting rid of this problem without effort, but it isn't so easy. It is the same plastic that came into being like a blessing to human beings 60-70 years ago, but today it is having a terrible effect on our environment.

With the continuous use of plastic, human beings are suffering from many diseases, such as cholera, diarrhea, and others that are continually affecting the human body.

If one survey report is taken into account, India is the country with the highest number of deaths due to diseases in the world. This plastic is hurting us to an extent we can't even imagine.

From plastic bags to single-use plastic straws, plastic products have worn out their welcome in Canada. The Canadian government has announced plans to "ban harmful single-use plastics as early as 2021" to reduce the three million tons of plastic waste in Canada every year.

According to the Canadian government, 15 billion plastic bags are used in Canada every year, along with 57 million plastic straws every day.

Not only that, but only 10 per cent of plastic waste in the country actually gets recycled.

Since China stopped importing plastic recycling last year, Canada's plastic problems have taken on a new urgency.

Plastic pollution is literally piling up around us. Canada just recycles 11 per cent of its

plastic waste, letting the rest accumulate in landfills or the environment, and currently has no national waste strategy for dealing with the problem. This report examines the global and national plastic pollution crisis and outlines how Canada can hope to achieve a zero plastic waste environment by 2025.

In a study published in Science Advance, shows estimate since the 1950's show that 8.3 billion tons of plastic have been generated around the globe, and from that, only 9 per cent of plastics only recycled. It estimated that an additional twelve billion tons of plastic will be lost to disposal by 2050.

Also, in recent years we have seen an increase in awareness regarding the harmful impact of plastic water bottles on the environment.

Unfortunately, while most of the people know that plastic water bottles are worse for the environment, this awareness still has not resulted in a significant drop in the use of disposable water bottles.

The use of plastic is still on the rise, as the study shows that 90 per cent of plastic water bottles are never being recycled after use, that means

billions of plastic bottles are escaping into our landfills, and even our oceans, every day.

In fact, due to accidental plastic ingestion, that much plastic waste makes it into our oceans, and it is estimated that more than a million marine animals are killed by plastic waste each and day.

It estimated that there are five trillion pieces of moldable floating in our oceans, team everything from moldable wrappers to microplastics that are millimeters in greatness.

Each year, eight million vogues of moldables get dumped into our oceans, the equivalent of filling five grocery poke worth of plastic desolate for each rank of coastline around the mankind.

Don't be surprised. It's correct that it can take over 400 years for a plastic water bottle to biodegrade.

The amount of clean in the seas also soil the oceanic waters, just like the plastic, injures the nautical animation in several ways.

Dispensation of hazardous materials, including toxic substances such as Bisphenol A, which has been found frequently in many plastic com-

modities, contaminates the ocean severely.

Since Bisphenol A doesn't get diluted in water, it results in significant environmental problems. Similarly, the debris uses oxygen as it degrades, resulting in the low clearance of oxygen in the seas.

As packaging gas breaks down, it affects the lives of marine animals such as whales, dolphins, and pen-guins.

If plastic is to be avoided, we all have to work together. We will have to carry a cloth bag at home while taking the goods from the market. The habit of using plastics has to be gradually eliminated. The governments that are trying on their own will have to co-operate.

I think political parties will have to learn to make millions off the plastic boycott. Saints and community reformers have to be made aware of the topic of plastics.

The great thing is that unless we are aware of the dangers of plastics ourselves, this problem will not be relieved. If the nation is to be cleaned, plastic must be removed from every home.

PEEL WEEKLY NEWS SPORTS

Digital Newspaper

Osprey tournament nets \$265,000 for local foundation

One of the region's most prestigious golf tournaments announced that it has made a sizable donation to a local conservation foundation.

TPC Toronto at Osprey Valley announced that it has delivered a donation of \$265,000 to Credit Valley Conservation Foundation (CVCV) for the securement of the Capstone Property, part of Credit Valley Conservation's land securement campaign.

The Capstone Property, a 44-acre parcel adjacent to TPC Toronto, will provide public access to Charles Sauriol Conservation Area while securing the optimum route of the Credit Valley Trail and protecting critical brook trout habitat.

The presentation was

made by TPC Toronto at Osprey Valley President Chris Humeniuk during the Caledon Community Council Golf Tournament.

"Credit Valley Conservation's efforts to secure and protect this critical property and enable access to this beautiful part of Caledon have been inspiring. We are thrilled to help complete this campaign and look forward to seeing people connect with this wonderful area right in our backyard," said Humeniuk.

Partially forested with the Credit River meandering through, the Capstone property includes stunning cedar forests and incredible biodiversity, along with critical Brook Trout habitat.

The property is the inaugural land securement ini-

tiative for the Credit Valley Trail, a 100-kilometre continuous, connected river valley trail from the headwaters in Orangeville through Caledon, Halton Hills, Brampton to the shore of Lake Ontario in Mississauga.

"CVCV is so grateful for TPC Toronto at Osprey Valley and the Humeniuk family for their support of our land securement initiatives," said Terri LeRoux, CVCV's executive director.

"When the local community rallies to support these critical conservation initiatives, everybody wins. This generous gift for the Capstone will have a lasting impact on the Credit River watershed and its communities for generations to come."

The gift is a generous and welcome one, said Caledon Mayor Allan Thompson.

"This donation will help secure a major addition to our natural and environmental heritage in Caledon,"

said Thompson. "On behalf of Council and the community, we express our deepest thanks for this amazing contribution."

The \$265,000 represents a donation of \$250,000 from

TPC Toronto to go along with a \$15,000 contribution of proceeds from this year's Osprey Valley Open presented by Votorantim Cimentos - CBM Aggregates.



Andreescu makes history as tennis champ

by David Robinson

It seemed that call of Canada was watching this past Saturday afternoon, as a young lady born in Mississauga defeated arguably the best female tennis player of all time.

Bianca Andreescu defeated 23-time Grand Slam champion Serena Williams of the US in straight sets 6-3, 7-5, picked up a cheque for \$3,850,000 USD, and got her name on a really cool trophy.

Sporting history was made - and this time, a Canadian came out on top, winning a grand slam singles tennis event.

If there is such a thing as the

Canadian Dream, Bianca and her family would be shining examples of that ideal.

Bianca's parents Nicu and Maria Andreescu immigrated from Romania to Canada in 1994 after they both graduated from universities in their native homeland. They arrived in Canada with some simple possessions contained in only two suitcases. Nicu found work right away as an engineer, and Maria later worked as a compliance officer for a major investment firm.

Bianca was born in early 2000 in Mississauga. A few

years later, the family moved back to Pitesti, Romania, where Bianca, then age 7, started to get into tennis. Romanian coach Gabriel Hristache worked with Bianca over the next two-and-a-half years and taught her the basics of tennis.

A few years later, the family moved back to Canada again to pursue career aspirations, and Bianca, then 11, joined the Ontario Racquet Club in Mississauga. She quickly earned a spot on the Tennis Canada National Training Program, where she developed steadily.

Over the ensuing years, she

progressed from a standout hopeful to a legitimate contender.

Winning several titles as a junior in singles and doubles, she managed to juggle her athletic career with her goal to become educated. Gifted athletes need to be in an educational environment that supports their demanding schedule and high need to succeed.

Her parents found that special place in the Bill Crothers Secondary School in Markham. The school is athlete-based, and offers a unique curriculum that allows athletes to compress their learning into a shorter timeframe, allowing for a heavier training and travel schedule.

From 2014 - 2018, Bianca was winning steadily on the junior circuit and gaining the skill and confidence to make the jump to the major pro circuit. During this period, she encountered setbacks.

She encountered overuse injuries in her back, left abductor, right ankle and a stress fracture in her foot. At one point, she was ordered to take a six month break from tennis to let her body rest and recover.

2019 was her breakout year, catapulting from a highly-ranked hopeful to a legitimate

world class star. Bianca began the year ranked 152, but with high finishes at the ASB open in Auckland and then again at the Australian Open, she quickly found herself sitting in 68th place. Her first WTA win came at Newport Beach in January and after a semi-final placing at the Mexican Open, her ranking jumped to top 60.

Tennis can be a grueling sport and life on the pro circuit can be unforgiving. During the first half of 2019, she required more rest to heal an injured shoulder. The rest time worked like a charm, and she was able to defeat Serena Williams in the final of the Rogers Cup in Toronto when the US super star had to retire from back spasms.

Watching Bianca match Williams shot-for-shot in the U.S. Open and eventually prevail showed that she has "game" and a certain swagger that comes with knowing and playing at your best. I think Serena could also see it as she felt the torch passing to the new Canadian star.

Andreescu's win on Saturday was one of those unforgettable moments in Canadian Sports history. Akin to the Paul Henderson goal in the 1972 Canada/Russia series or Sidney Crosby's golden goal in the

2010 Vancouver Olympics, sports fans will remember where they were when this young lady hoisted the U.S. Open Trophy for the first time.

Her win and her new #5 ranking are a real shot in the arm for Tennis Canada, and sets a great example for young people that hard work and dedication can pay off.

The life of an athlete is not easy. It is fraught with risk of failure, and is not a career path for the faint of heart. Bianca has proven she has the heart of a lion.

The Raptors quickly tweeted "ShetheNorth" and had a jersey printed with her name and the #1. Other sports and music stars have all given her the thumbs up. To an athlete, the accolades from your peers and those that you idolize growing up can be more satisfying than the money in the bank.

Hats off to you, Bianca, and best of luck in the future.

Dave Robinson is a long-time Mississauga resident with a passion for a variety of sports including, hockey, skiing, snowshoeing, triathlon, golf and windsurfing. When he is not writing about sports, he can be found running the Credit River trails or riding his bike out toward Milton.



(Right) Bianca Andreescu hoists the U.S. Open trophy during a media event in New York earlier this week. (Below) A proposed idea on a street that could be named after Andreescu, discussed by Mississauga council Wednesday morning. (Photos Courtesy of Bianca Andreescu/Twitter/COM)

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Council endorses policy over Indigenous images at sports facilities

Indigenous groups will have more control over the use of their images in city sports facilities, thanks to a policy that passed Wednesday morning at Mississauga council.

The policy, titled “The Use of Indigenous Images/Themes in City Sports Facilities”, was instituted to comply with a settlement made by the Ontario Human Rights Commission late last year, and will prohibit the usage of Indigenous images in Mississauga’s indoor and outdoor sports facilities that are related to non-Indigenous sports organizations.

In a statement Wednesday, Mississauga Mayor Bonnie Crombie said that the new policy promotes a positive and inclusive experience at City sports facilities, while supporting a climate of understanding

and mutual respect.

“Mississauga prides itself on being one of the most culturally diverse and welcoming cities in the world,” said Crombie.

“It’s important that our facilities reflect our commitment to inclusivity and are places where everyone feels welcomed, safe and respected. We are proud of our City’s rich history and the Indigenous communities past and present who have helped shape Mississauga into the world-class city we are today. This policy is an important step on the path to reconciliation and demonstrates our continued commitment and respect for First Nations people and all visitors to our sporting facilities.”

The new policy will also support enhancements to the City’s diversity and inclusion staff training, as well as address actions re-

lated to municipal government within the Truth and Reconciliation Commission.

“We are committed to continuously improving the diversity and inclusion training that we make available to all City of Mississauga employees to ensure they understand the perspectives, goals and interests of Indigenous people,” city manager Janice Baker said in a statement Wednesday.

“This policy will help us by defining the roles and responsibilities of the City and our staff as we continue to build this important relationship.”

Along with not permitting the display of Indigenous images at indoor and outdoor sports facilities that are related to non-Indigenous sports organizations, the policy is also intended to help city em-

ployees engage with Indigenous groups and non-Indigenous community sport organizations to build awareness, as well as educate non-Indigenous sport organizations and clubs who are still using Indigenous images.

“We are committed to

working with Indigenous organizations and sport groups within our community to proactively build awareness of this policy through communication and education,” said community services commissioner Paul Mitcham.

The policy was devel-

oped in consultation and collaboration with several Indigenous organizations.

City staff will continue to engage with these stakeholders as the policy is implemented and through future policy reviews and updates.



Runners hit the road at Professor’s Lake for Don Doan Dash



Local runners were ready to race this past weekend, as the 3rd annual Don Doan Dash 5k and 10k race took place in Professor’s Lake, presented by the Brampton Benders in support of ALS Canada.

The annual event saw local runners, dignitaries and councillors take part in multiple runs, which weaved around the park. Participants received a t-shirt and food for participating in the race, with age division prizes and finisher medals available for participants.

The event was named after Don Doan, a long-time City of Brampton employee who helped shape the sports and recreation sector in Brampton. An avid runner who participated in multiple marathons, Doan retired from the city in 2011 and was later diagnosed with ALS (amyotrophic lateral sclerosis) in 2016, which has no known cure.



The event was subsequently initiated by Doan and fellow running enthusiast Pam Barnwell to bring awareness of the disease to the community and raise funds to cure it.

In the 5k run, North York’s Jordan Van Dyk took the top spot with an official time of 00:18:58.6, followed by local Brampton residents Nandino Garcia (at a second-place finish of 00:20:35) and Erick Rodriguez (a third-place finish of 00:20:36.7).

In the 10k run, Toronto’s Paul Brogin took first place with an official time of 00:36:37.5, Shelburne’s Jacob Saunders taking second place with a 00:40:43.2 time, and Brampton’s Catherine Rodriguez picking up a third-place finish with a time of 00:42:12.7.

(Photos Courtesy of City of Brampton)

LIFESTYLE / AROUND TOWN

Jazz fest brings marquee acts to Brampton

by Lachman Balani

It was a “jazz-y” affair this past weekend, as live music filled Garden Square as part of a local festival.

The legendary Count Basie Orchestra, a group that exemplifies the splendor and excellence of jazz (and has 18 Grammy Awards to back up that statement) opened Brampton’s third grand annual World of Jazz festival at The Rose Theatre this past Friday - and they truly demonstrated why they’re known as “the most explosive force in jazz”!

The orchestra was one of many bands performing throughout the weekend, with the city getting “B-Jazzed”, as the organization of the same name called on local and international jazz to rock the downtown core at several

venues.

Garden Square, Vivian Lane, local restaurants including J. Red & Co and Wendel Clark’s Bar and Grill all hosted amazing musicians performing a variety of styles, from pure jazz to latin jazz to jazz and blues to Indo-jazz.

There was some funk added on too, as the audience danced to all time favorite “Superstitious”.

Besides the phenomenal music, which included performances by many Juno-nominated personalities, there was a play area for children (and for those who wanted to bring out the child in them) with costumed characters, cosplayers, face painters and much more.

Of course, there were food stalls as well, over

and above the restaurants surrounding the area.

As dusk set in, Avataar, led by Juno-nominated jazz saxophonist Sundar Vishwanathan, had everyone in a trance as they blended Indian classical music, hardbop jazz and rock creating a mesmerizing confluence of rhythmic hypnotism.

But the night didn’t end there, as it continued with a late night jam session at Wendel Clark’s that started at 11 p.m. and ran into the early hours.

All in all, it was a great celebration of jazz, thanks to artistic director Carmen Spada, executive director Joe Asensio, and of course, above all to the audience who make the show.

Avataar takes the stage during the third annual World of Jazz Festival, hosted in Brampton this past weekend. (Photo By Lachman Balani)



Sheridan teams with local library for courses



Brampton Library Board Chair Jaipaul Massey-Singh, Sheridan College President and Vice Chancellor Dr. Janet Morrison, Councillor Rowena Santos, Councillor Harkirat Singh and Brampton Library CEO Rebecca Raven pose during an event hosted at Sheridan on Sep. 5, 2019. (Photo by Catherine Soplet)

Educators, librarians, students and residents gathered last Thursday evening to officially launch the next phase of Sheridan College and Brampton Library’s partnership to expand learning options in the city.

Sheridan will begin offering continuing education courses at Four Corners Branch Library this week.

Dr. Janet Morrison, President and Vice Chancellor of Sheridan College and Brampton councillors Harkirat Singh and Rowena Santos joined Brampton Library Board Chair Jaipaul Massey-Singh and CEO Rebecca Raven to make the announcement.

Morrison noted that Sheridan’s first campus opened in Brampton in 1967, and has been an anchor in the com-

munity for over fifty years.

“Sheridan strives to be the destination of choice for skilling, upskilling and reskilling workers and learners in our communities,” said Morrison. “We’re thrilled to offer some of our most in-demand professional courses right here in downtown Brampton.”

Her sentiments were shared by Santos, who said that the city is committed to providing post-secondary learning opportunities in the city.

“We are proud of our long-standing partnership with Sheridan and excited about their collaboration with the Brampton Library in the downtown,” said Santos. “Creative solutions and partnerships like this give students access to lifelong

learning and keep them connected to today’s job market and employers of the future.”

The initial offering includes three introductory level courses, all of which are the first step to achieving a certificate in their respective disciplines of Data Science, Business Analysis and Project Management. The courses include “Introduction to Analytics and Big Data”, “Business Analysis Introduction” and “Fundamentals of Project Management”.

Residents can find more details about these courses and register online at caps.sheridancollege.ca/products/courses-at-brampton-library.aspx.

Heritage gala honours local heroes

One of Mississauga's premier heritage events is just around the corner, as The Credits take over the Mississauga Grand Banquet and Event Centre on Friday, Nov. 8!

The annual event honours local residents in Mississauga who have made a demonstrable impact in the community with their support for heritage and conservation initiatives and events.

Now in its seventh year, the gala will bring together representatives from Heritage Mississauga, local historians, community advocates, dignitaries, local leaders and more for the event, which will see a number of awards handed out for a number of categories including Heritage Legacy, Community Heritage, Local Heritage, Architectural

and Member's Choice Awards, as well as the Betty Ross Memorial Volunteer and Special Recognition, Lifetime Member awards for key heritage leaders.

The event is the major annual fundraiser for Heritage Mississauga, and supports to maintain the Heritage Resource Centre that provides information, programs and events for the wider community.

Tickets for the gala are \$75 each, with tables of 10 available. The event will take place at the Mississauga Grand, located at 35 Brunel Road.

For more information or to purchase tickets, visit the Credits website at thecredits.mystrikingly.com or call Kelly at (905) 828-8411, ext 0.

Headwaters announces new board

Headwaters Tourism announced late last week that two new board members will be stepping up to replace its outgoing leadership.

Bill Gillam has taken over as the organization's new Chair, replacing Maria Britto, while Ross Millar takes over as Vice-Chair, replacing Elaine Capes. Both members began their new role on Sep. 1.

Gilliam is the owner of Shelburne Home Hardware Building Centre and a representative of the Town of Shelburne Economic Development Committee, while Millar is the President of Ross Millar Entertainment Group and has been a member of the Headwaters Tourism Board since

2011.

The move follows the announcement this past May that former executive director Eduardo Laforgue had left the organization after completing efforts to celebrate the organization's 25th anniversary.

In a statement, Headwaters thanked Britto, who has completed her term in the role, and Capes for dedicating their time and expertise to the organization.

The board said that it will be finalizing its strategy and action plan for

the 2020 season, as well as restructuring its executive team.

Residents looking for additional information can call the Headwaters office at (519) 942-0314 or email real@headwaters.ca.



Health and Wellness - Our Senses

by Elizabeth Banfalvi

The five senses – see, hear, feel, smell and taste. There are more – the senses of our souls: intuition, peace, foresight, trust, empathy. How important are these in our life?

What do you see? What do you hear? What is that smell and what kind of taste is there in your mouth? How do you feel?

Even though we don't always pay attention, our sensing reactions are constantly acting and reacting. We do acknowledge the five basic senses, but there is so much more naturally in us.

You walk in a room and you just want to run back out? Why? At times you feel at peace and everything is good, and at other times, you won't.

You see beyond where you are now and our foresight will lead you in different directions. You trust, but why this and not that? You feel empathetic to animals and not others or the reverse.

How many people, after a crime has been committed on them, actually realize that they felt something but didn't listen to their senses telling them to leave or be

careful?

There is a reason we feel more than we acknowledge. It is a protection we all have. Listen to it, even if you don't know why.

Intuition is so often thought of as a fortune teller with a deck of cards, but it isn't. It is a natural ability we all have.

It can be termed as a gut feeling or just a knowing feeling we all have. The more we are aware of these feelings, the better we understand and follow them. It is natural to know without knowing why.

Animals react to danger they can't see and maybe it is a scent or a sound or just a feeling. They react. They are right in their reactions and so are we. It is a perceived knowing. So, take care.

Whether we realize it or not, when we walk into a room, we look around. We look and perceive naturally. We hear the noise or lack of noise there. How do you feel there? What is the prevalent smell? Pay attention – it is there for a reason and it is natural.

What if a person is blind or deaf, their instincts have to kick in. How do they move around? They have to go by their instincts, intuition or trust in their own safety.

We all have the ability to change whatever is happening by listening to our natural instincts.

Peace is a way of feeling safety where you are. It is the first of our three basic survival needs – a safe haven.

When you don't feel safe, what is happening? Your senses are more acute and you glance around more frequently. You know there is

something. Try removing yourself from where you are and usually the feeling disappears.

Foresight is the ability to predict or the action of predicting what will happen or be needed in the future. Foresight has become widely used to describe activities such as: critical thinking concerning long-term developments, debate and effort to create wider participatory democracy, shaping the future, especially by influencing public policy. It involves the mental capacity not just the tactile feeling of intuition or peace.

Trust – why and how do we trust? Trust is the firm belief in the reliability, truth, ability, or strength of ourselves, someone or something. Some of this is based in past happenings, but also a knowing trust of ourselves and our relationships.

Empathy is the ability to understand and share the feelings of another. Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to

place oneself in another's position. Again, a feeling or tactile knowing is involved.

Each of our initial five senses goes the next step in how we think, feel, and share.

It is the simple leading into the more complex and tactile way of knowing something we can only perceive.

Trust in your senses and use them as often as you can. I know many times I was at a standstill on something and I allowed myself to just rest with it until it became clearer and I had the understanding of what I needed to do.

We all have that within us to do what is best for us. Allow yourself to trust that no matter how strange it may seem, it is yours.

The senses of our souls: intuition, peace, foresight, trust, empathy will guide us and allow us to perceive differently.

Let it happen and just trust that your soul knows what it needs to give you for a better reaction.

The five plus senses – it is all we need to live a better life.



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What is a “Frozen Shoulder”?

by **Dr. J. Alex Coulson**

Adhesive capsulitis (also known as “frozen shoulder”) is a diagnosis that affects the shoulder. It causes the shoulder to be very painful and movement in any direction can feel like it is stuck in one position, or some may say, frozen.

Frozen shoulder is becoming a more common diagnosis. Anyone with this injury

is seeking treatment but are unsure of what it really is because their shoulder doesn’t feel cold or frozen like ice.

The most common cause of frozen shoulder is immobility. This is often caused by other trauma to the arm resulting in not moving the arm much while the arm heals.

When the arm is immobilized, the tendons, ligaments and connective tissue around the shoulder begins to thicken around the joint making it harder to move. The body reacts to not moving the arm and shoulder by thinking that it doesn’t need to move any more so it wants to anchor it in place. The condition has three

main phases, and depending on the phase, it will depend on signs and symptoms you might have. The first stage is the Freezing stage: at this stage, any movement of your shoulder causes pain, and your shoulder’s range of motion starts to become limited.

Next comes the Frozen stage: at this stage, the pain may decrease although the shoulder will become stiffer.

The final stage is the Thawing stage: at this stage, range of motion will start to return and mobility will become easier and more normal.

So, why is it becoming more common today than it was 30 years ago? Are people having more trauma to their arms?

No. People are not being immobilized for longer or more often. It has to do with one of the main risk factors for frozen shoulder.

Doctors are not 100 per cent sure why it happens, but there is a strong link between frozen shoulder and systemic diseases.

Some of the diseases that we have seen linked with frozen shoulder are: Diabetes, cardiovascular diseases, Thyroid disease and Parkinson’s.

With changes in our diet and physical activity levels, we are seeing more and more diagnoses of these conditions or diseases.

These increases could be the reason that we are seeing more cases of frozen shoulder.

Unfortunately, with frozen shoulder, going through the stages is a time-dependent process - and it has to go through all three stages to heal the condition.

Although it needs time to go through the process, there are things you can do to help the process go a little quicker.

For those that have the condition due to a systemic disease such as diabetes, taking control of your blood sugar and managing your diabetes can help with the treatment.

Other options to help expediate the healing process

is seeing a physical therapist or chiropractor. Both health care providers can manipulate the joint to help promote motion as well as prescribe exercises to help get the shoulder moving again and loosen up the connective tissue.

You can also see an orthopedic specialist that can offer treatment options as well such as corticosteroid injections, surgery or joint distension injections to hopefully speed up the healing process.

Thanks for reading and stay healthy.

If you have any questions about this article or any other information you would like to have, contact myself, Dr. J. Alex Coulson, or the Core at reception@thinkcore.ca.

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Southside Shuffle Rocks Port Credit!



Tens of thousands of residents flocked to south Mississauga this past weekend for the 21st annual Southside Shuffle Blues and Jazz Festival, which saw dozens of acts take over Port Credit over the span of four days. The event kicked off last Thursday with the annual Beggars Blues Banquet, featuring performances by Southside Shuffle executive director (and longtime Downchild Blues Band frontman) Chuck Jackson, Mississippi's own Chris Gill, Jenie Thai and many other guests, followed by a host of live bands performing from Friday through Sunday. The event also included the annual Street Shuffle, which saw Lakeshore Road close Saturday afternoon as dozens of live acts took over the neighbourhood along with a pair of parades that passed through the village. The weekend performances also included a tribute to the 50th anniversary of Woodstock, as well as a special concert honouring 50 years of the Downchild Blues Band. For more photos and coverage of the Mississauga Music Walk of Fame ceremony, look ahead in this week's issue!
(PWN Staff Photos)

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World of Jazz Festival Takes Over Brampton



Downtown Brampton was the place to be this past weekend, as the annual World of Jazz Festival took over the downtown core and surrounding restaurants on Sep. 6 and 7.

The annual festival, which celebrated its third year, brought over a dozen emerging and established blues and jazz acts to the city, including a kickoff performance on Sep. 6 by the legendary Count Basie Orchestra, once helmed by the famous musician of the same name, who have picked up 18 Grammy Awards over the course of their career. The event included performances taking place on multiple stages and several local restaurants, including Wendel Clark's Bar & Grill and J. Red & Co., along with plenty of entertainment and vendors for the whole family to enjoy!

(Photos Courtesy of City of Brampton/Carmen Spada)

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Fall Kicks Off With Local Cycling Initiatives

The air is crisp as fall gets closer, but cycling activities in Mississauga are only beginning to heat up.

This Sunday, Sep. 15, the twelfth annual Tour de Mississauga returns to the city for a day of fun and exercise!

The Tour is a family-friendly event that has rides for every level of cyclist from five to 50 kilometres. It's a great way to see some of Mississauga's cycling trails through parks and on city roads.

Once you have finished your ride, enjoy free ice cream. Entry fees are \$5 for 5km, \$10 for 10km, \$15 for 25km and \$20 for 50 km. Children 16 and under can cycle for free. Participants can still register online by this Saturday, Sep. 14 at 2 p.m., by visiting tourdemississauga2019.ca.

Residents can also hop on their bikes and help the city meet its goal of

riding 350,000 kilometres before Oct. 25 during the One Bike Challenge!

The annual initiative is an opportunity to get out and ride. It doesn't matter whether it's to the corner store or to the local park. The more participants cycle, the more they help support our local hospitals, thanks to a generous community member who is donating \$1 for every five kilometres cycled during the Challenge to the Trillium Health Partners.

For more information, visit the event website at mississaugabikes.ca/bikechallenge.

Looking for a new cycling route or a new cycling buddy? Check out the new Community Rides, the perfect way to explore the city by bike.

Community Rides range from five to 20 kilometres and are free.

It doesn't matter whether you are new to cycling or experienced,

the rides are led by volunteer marshals.

The next rides will be held on Sep. 19 and 21, and Oct. 5 and 26, each with its own distinct route in Mississauga. Participants can register for free by visiting mississaugabikes.ca/communityrides.

Is there a cyclist in your neighbourhood that you are in awe of? Does he or she cycle to work or to the local grocery store? They might be deserving of the Phil Green Award!

This award was created by the city to recognize the outstanding work done by Phil Green to promote safe cycling and sustainable transportation in Mississauga.

The award is presented annually by the Mississauga Cycling Advisory Committee (MCAC) to a person or group. To submit a nomination (before Sunday, Sep. 15), visit mississaugabikes.ca/phil-green-award.



A "Genesis Extravaganza" Arrives at Living Arts Centre

On Sep. 26, The Musical Box returns to the Living Arts Centre, premiering their brand new show, A Genesis Extravaganza: Volume 2!

In an all-out performance of live visual signature stunts, a museum-worthy array of vintage instruments and a dizzying pace of iconic

tracks and stage rarities, The Musical Box indulges in an intense trip into the world of early Genesis for the first time in its 25-year existence.

From its unique perspective as the only band ever licensed and supported by Genesis and Peter Gabriel, The Musical Box will present

a new, never-performed show featuring the music of Trespass, Nursery Cryme, Foxtrot, Selling England By The Pound, The Lamb Lies Down On Broadway, A Trick of the Tail and Wind & Wuthering, as well as a few surprises!

Acclaimed for its historical re-enactment of early Genesis, The Musical Box has performed for more than a million spectators worldwide in some of the most prestigious venues, including The London Royal Albert Hall and The Paris Olympia.

The group is often cited as the best interpretation group in the world, and the international reference for early Genesis.

Tickets for the event run \$50 - \$75, and can be purchased by visiting the event website at livingartscentre.ca/theatre-performances/the-musical-box-a-genesis-extravaganza.



Youth in Policing program connects youths with key skills

While other students were enjoying their summer vacation, 25 teenagers from high schools across the Region of Peel were hired to work alongside Peel Regional Police officers and civilians in a program called the Youth in Policing Initiative (YIPI).

During this eight-week program, Peel Regional Police members work together with youth and share meaningful experiences, develop a mentoring relationship and provide a safe and positive summer employment opportunity through diverse and productive work assignments are a few of the goals of the program.

The students got to interact with many different areas of the police service including, K9, Tactical, Forensics, Police Vehicle Operations, Marine and the Communications Bu-

reau, where they experienced firsthand incoming calls for police service.

They were able to give back to the community when they worked with a local food bank, removed graffiti from different areas within the community and donated money to charity from their annual charity carwash.

"I can assure you, you will remember this for the rest of your life because this will actually set you up for the rest of your life," interim Chief Chris McCord said on their first day on the job.

Since 2009, Peel Police, in partnership with the Ministry of Children and Youth Services, the Peel District School Board and Dufferin Peel Catholic District School Board, have hired just under 200 high school students.

Waking up early, reporting for duty on time and putting in a full day of work may seem challenging when this should be summer vacation for these students. However, they all rose to the challenge, heading back to school having had amazing experiences that they can reflect on and talk about in future job interviews.

"The YIPI program changed my life. It provided me with a sense of purpose and guidance when it was crucially needed. My supervisor became a mentor in my life. The YIPI program and the constables involved truly improved my confidence with their strong belief in my ability to achieve good despite my circumstances and my home environment", said one of the YIPI students.

2019 MISSISSAUGA MUSIC AWARDS

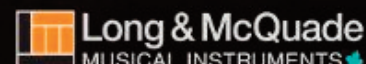
Performances by

CAT BERNARDI DAVID BOYD JANES
KENDRA CHAREST-FRENCH LAWLESS SONS
MATT ZADDY POLARITY U N JEFFERSON

Categories

ALBUM OF THE YEAR ARTIST OF THE YEAR
BEST INDIE MUSIC SHOP BEST LIVE ARTIST OR BAND
BEST LOCAL PROMOTER BEST MUSIC FESTIVAL
BEST NEW ARTIST SONG OF THE YEAR
VIDEO OF THE YEAR FAN CHOICE AWARD

6:00pm - 27th September - Living Arts Centre



Local rock legends honoured at Walk of Fame ceremony

by Lachman Balani

The 21st annual Southside Shuffle rocked Port Credit with big sounds, big names and big action over this past weekend.

There were dozens of bands playing over three days (and four stages) in Port Credit Memorial Park, as well as in the surrounding pubs and restaurants along with numerous other activities hosted throughout the weekend.

On Friday, Myles Goodwyn (from the iconic band April Wine) and his Friends Of The Blues put on a fantastic show to kick off the festival proper.

Saturday was devoted to celebrating Woodstock's 50th anniversary right here in Mississauga, with tribute bands honouring Jimi Hendrix, Creedence Clearwater Revival and The Who.

The highlight was Lance Anderson's group of musicians, who re-enacted nearly all of the 1970 record *Woodstock: Music from the Original Soundtrack*.

Everyone in the audience was on their feet singing with the first few songs and dancing wildly as Jefferson Airplane's "Somebody to Love",

Santana's "Soul Sacrifice" and Sly and The Family Stone's "Wanna Take You Higher" played in succession. Their rendition of Joe Cocker's "With A Little Help From My Friends" was a masterpiece!

Sunday started early at 11 a.m. with the induction of two new music legends into the Mississauga Music Walk of Fame - guitarist Phil Xenidis (Phil X) and bassist legend Prakash John, an initiative backed by the support of local community organizations, including the Hazel McCallion Foundation.

Canadian rock god Gil Moore of the band Triumph introduced Mississauga boy Phil X as one of his good friends, and jokingly commented that Phil was about to get "indicted", prompting under-the-breath laughter from the crowd assembled in front of the Jim Tovey Memorial Stage.

Phil X has cut an album with Triumph and also performed with them, but is now the official guitarist for Bon Jovi. Phil then came on to give a little history of his own life and some inspiring advice for the

young musicians - namely, "Own every note, solo (and) outfit" and, perhaps more importantly, "don't be a dick", which prompted a roar of laughter.

After that, Prakash John took centre stage. John was born in Mumbai, India but came to Canada when in his teens, becoming a world-famous bassist working with rock legends like Edgar Winter, Alice Cooper and Lou Reed, as well as being a member of Parliament-Funkadelic (a Rock and Roll Hall of Fame inductee). He then formed his own band. The Lincolns, and performed at hockey star Wayne Gretzky's wedding.

Both Phil and Prakash were gifted with well-deserved mantelpiece plaques and stars on the Mississauga Music Walk of Fame alongside several other greats.

Sunday's suite of performers continued with several stellar bands playing, before Crowbar came to rock the park with many of their classic tunes, finally sending a rush up everyone's spine with their super hit "Oh, What A Feeling".

The last outdoor performance was The Downchild Blues Band, who are celebrating their 50th anniversary this year.

Chuck Jackson, member of the band and artistic director of the Southside Shuffle, socked it to the crowd with his incredible prowess on vocals and the harmonica while cracking jokes.

Donnie Walsh, also known as "Mr. Downchild", who founded the band in 1969, was on stage to regale the crowd

with his bluesy melodies. Every member of the band was a virtuoso.

Jackson then continued the party indoors during an after-party held at Roc'n Doc's Bar and Grill.

However, it wasn't all over yet. Word had passed around that Phil X was going to do an early show at The Rockpile in Toronto, so plenty of people piled into their cars and whizzed off there.

Phil X and his band, comprised of Dale Harrison on

drums and Kojo Ferguson on bass with special appearances from Darren James Smith, Lou Roppoli and young prodigy Luke Vasilakos blew up The Rockpile. Peppered with renditions of favourite tunes from Led Zeppelin, Black Sabbath and Deep Purple, it felt as if flaming Ferraris and Lamborghinis were blazing through the jam-packed venue!

With that, the dynamite weekend came to a close.



In today's culture, stress is no less than poison

by Surjit Singh Flora

Stress is no less than a poison, which destroys the person's body slowly.

Being trapped in its clutches can cause many problems for human beings. Not only does humanity suffer from various mental illnesses, but they can also suffer from terrible diseases - which aren't always visible to others.

Occasional and condensed stress responses are a normal part of the healthy mind. Anytime a person encounters a challenge, threat, or problem; there may be a strained response - a surge of hormones that cause a cascade of physiological changes in systems throughout the parson's body.

However, stress that is prolonged, severe, or chronic, can cause significant problems with health

and development.

The evidence is clear that adult support can turn experiences that would be toxic into tolerable experiences.

It's important to have a community and the family supports in place to prevent toxic stress and build resiliency within people.

We can't always prevent toxic stress before it begins, but it is paramount to ensure that all people have the support of at least one caring, mature person in their lives to support them, calm their emotions and cope with the stress.

Using this line of reasoning, scientists refer to severe, ongoing stress as "toxic stress" because it can impact the development of the impair brain severely. A weakened body that faces toxic stress can be saddled with health

complications later in life, from heart disease to mental health to diabetes problems, including addiction.

Routine anticipatory guidance, which encourages positive mental thoughts and exercises, strengthens excellent support for families, builds resilience, helps develop the buffers required to handle stress and avoids toxic stress.

Toxic stress is a function of the absence of barriers to return the stress response to baseline, and it is essential to consider preventive measures that promote positive environmental influences and interactions with supportive caretakers.

Even stress at work, as much as it's a fact of life, can consume an individual. Accept it and prepare for it before it gets the bet-

ter of you.

By following these tips to avoid stress at work, you can head off any problems, keep your balance, stay productive, and ensure a satisfying career.

You will find yourself swallowed up by your hostility or sense of injustice. If you allow anger and some other negative feelings to crowd out positive emotions, it may overwhelm you. However, if you can forgive someone near and dear, even if they caused your anger, you might learn a lot from the situation and strengthen both of your relationships.

Listening to soothing music can also lower blood pressure, heart rate, and anxiety. Forgiveness is a powerful tool.

Create a playlist of nature sounds, such as a babbling brook, an ocean or birds chirping, and

allow your mind to focus on the various melodies, singers in the piece instruments.

Find the humor in everyday life, spend time with close friends, or watch a comedy. You are relieving tension by relaxing your muscles.

A study among people those struggling with cancer found those people in the laughter intervention group experienced a lot more stress relief than those who were distracted.

Laugh! It's hard to feel anxious when you are laughing. It's best for your health, and there are a few ways it may help relieve stress: Relieving your stress response. Try watching funny Television shows or hanging out with friends those make you laugh. In the long term, laughter can also help im-

prove your immune system and mood.

When traffic jams up on the way to the office, you may start thinking that you will be delayed getting to the office. After leaving at the end of the day, forget what happened at the office. If you are anxious about a dispute or a workout there, you may be stressed out.

If a project is incomplete or worsened in the process of doing all the work at home, don't think deeply about it, because no matter how hard you try, there are many things those are not done immediately. This only aggravates stress.

If your work situation becomes stressful, then try to work thoughtfully and patiently. People who work too had become more susceptible to stress and mental illness.

Rare coin showcased at collector's show

Canada's rarest coin was on display for the first time in three decades during a collector's show, hosted this past weekend in Meadowvale.

The only privately known 1911 Canadian silver dollar was showcased at the National Postage Stamp and

Coin Show, held at the Hilton Mississauga.

The iconic rarity is one of only two examples struck in silver after King George V came to the helm of the monarchy – and its dominions, including Canada – after the death of his father, Edward VII, in May 1910.

"It's the first time it's been publicly shown in almost 30 years," said coin dealer Sandy Campbell, owner of Nova Scotia's Proof Positive Coins, who recently partnered with another dealer in Manitoba to acquire the only privately owned 1911 silver dollar.

"It's Canada's most famous coin and one of the most famous coins in the world, and the story behind it is incredible in itself," added Campbell, who said collectors and non-collectors alike would be turning out to see Canada's most significant piece of numismatic history.

Campbell acquired the rarity this past August with Ian Laing, the owner of Winnipeg's Gatewest Coin. The coin was showcased as part of a complete 1911-12 set, which also includes 1911 one-, five, 10- 25- and 50-cent coins and a sovereign, plus 1912 \$5 and \$10 coins, in its original red leatherette Ottawa Mint case.

Known as the "Emperor of Canadian Coins," the 1911 silver dollar is one of the most storied coins in Canadian history.

The death of the monarch in 1910 required a new effigy for the following year's circulation coinage.

"Plans to issue a \$1 coin and two more gold coins

was a clear sign of expanded growth in commerce," said Campbell, "but plans to issue a nine-coin George V type set quickly went off the rails. The box was produced to house the coins, but the dollar was axed and the \$5 and \$10 gold were delayed until 1912."

Only two 1911 \$1 coins were struck in silver. Another example was struck in lead and discovered in 1977 inside an unmarked paper package on a shelf in Parliament's East Block by employees of Canada's Department of Supply and Services.

The only other 1911 silver dollar has been held in the Bank of Canada's National Currency Collection in Ottawa – on loan from the British Royal Mint – since the 1970s.

Once listed by Guinness World Records as the world's most valuable crown, the 1911 silver dollar was publicly anonymous before 1960, when U.K.-based auction house B.A. Seaby an-

nounced it had acquired one "from an undisclosed source."

It then sold to dealer Les DePoy, of Arcadia, California, plus about a dozen other people, who each owned it for anywhere between one year and nearly two-and-a-half decades.

In 2003, the coin sold for \$1 million as part of the Belzberg Collection.

"The last time I owned the coin was the last time it was displayed publicly," added Campbell, who first acquired the coin in 1988 from Montréal, Québec's Empire Industries. "People deserve to see it."

The 1911 silver dollar was previously owned by late numismatist George Cook, of Calgary, who devoted more than 25 years to collecting every major rarity issued by the Canadian government and successfully assembled one of the most significant numismatic collections in North America.



Indian community hosts inaugural picnic at Heart Lake

Brampton's Malaudh community and surrounding areas packed Heart Lake Park this past weekend for an inaugural Indian community picnic.

The celebrations featured included family-friendly live music and dance, food, children's entertainment, youth activities, arts and crafts.

The event drew more

than 50 families, who ate traditional Indian food and played sports and musical chairs.

Karaoke singers stepped up to the microphone to perform covers of songs from their favorite Bollywood movies – as well as from Punjabi-language films.

While ladies enjoyed the Punjabi traditional Gidda (dance), both

kids and adults enjoyed a massive game of tug of war. Kids had lots of fun bouncing castle.

The event also featured a ladies' competition of Chatti Race (Pot race), arranged by Gurdarshan Singh Somal and his close near and dear friends.

The main goal of the event was to host a picnic to honour families who were visiting from abroad, both from the Village of Maludh and surrounding areas in India.

Over the years, families and residents had lost touch with their relatives due to the demands of life and local work, so the picnic was a great platform to bring all the families together.



Upcoming book sale set to support Mississauga symphony

The Mississauga Symphony Orchestra's Annual Giant Used Book Sale returns to the Sheridan Centre Mall for an impressive twenty fourth year!

A must-attend event for lovers of literature, music and board games, the Annual Giant Used Book Sale features 60,000 items including fiction and non-fiction literature, vinyl records, DVDs, CDs, puzzles, sheet music and board games, all in excellent condition and sold at bargain prices.

The Annual Giant Used Book Sale will take place on Thursday, Sep. 19 from 5 - 9 p.m.; Friday, Sep. 20 from 10 a.m. - 8 p.m.; Saturday, Sep. 21 from 10 a.m. - 5 p.m.; and Sunday, Sep. 22 from 11 a.m. - 3 p.m.

The MSO's Annual Giant Used Book Sale is a vital fundraiser for the orchestra. Revenue generated from the book sale is used to present and support each concert season, fund the rapidly expanding Mis-

sisauga Symphony Youth Orchestra, and assist with incredible projects like fully-staged opera.

Designated as one of Mississauga's six pillars of arts, culture and heritage, the orchestra offers entertaining and increasingly sophisticated programs from the classic and popular repertoires of symphonic music, all performed to the highest artistic standards.

Based out of Hammerson Hall, a world-class theatre

located within the Living Arts Centre, the MSO provides performance opportunities and personal development to talented amateurs while combining the strands of excellence and education by assisting young professional performers and composers through solo performance opportunities, commissions and mentoring.

For more information, visit mississaugasymphony.ca.



GTA Sikhs celebrate 415th anniversary of installation

by Surjit Singh Flora

The parking lot of the Sri Guru Singh Sabha Malton Gurdwara Sikh Temple was bursting with resplendent cultural attire this past Sunday during celebrations hosted by Sikh worshippers of the Prakash Purb, the 415th anniversary of the holy book Sri Guru Granth Sahib.

The festival is celebrated every year to mark the first book of the Guru Granth Sahib being installed in the city's Golden Temple in 1604 by the fifth Sikh guru, Shri Arjan Dev.

The event started with the singing of hymns and a parade. After marching several kilometres in the Malton area, participants of the parade went back to the temple.

"It's the celebration of the launch of our holy book," said Satpal Johal, a host of TV program Sur Sagar and a local writer.

"It's a big day for us. All Sikhs around the world celebrate this day. I feel very proud because (the book) teaches equality for all no discrimination."

Written and compiled by Sikh gurus, the Guru Granth Sahib was completed and placed in Golden Temple in India on Aug. 30, 1604.

The Holy book is considered as the supreme spiritual authority and head of the Sikh religion, rather than any living person.

It is also the only scripture of its kind because it not only contains the works of its own religious founders, but also writings of people from other faiths.

The book is, however, not worshipped as an idol because Sikhism rejects idol worship. It's a collection of devotional hymns and poetry, which proclaims God, stresses on meditation on the True Guru (God) and lays down moral and ethical rules for the development of the soul, spiritual salvation and unity with God.

Participated enthusiastically Speaking on occasion, Bhai Daljit Singh Sekhon, President of the Managing Committee, said that all the work has proceeded

according to the schedule laid down.

Also, on this occasion, President Sekhon informed that during this Nagar Kirtan, \$86,024 dollars had been donated by the congregational.

He said that according to the decision of the management committee, it would add \$1 million to relief to the flood victims of Punjab by adding the remaining amount from the Gurdwara Sahib's treasury.

Sekhon also informed that a special meeting for dignitaries and media would be convened at Gurdwara Sahib later this afternoon (Thursday, Sep. 11), in which a final decision on how relief will be provided to the victims will be taken.

Brampton Mayor Patrick Brown greeted the Sikh community and was honored by the Malton Sikh Temple. Brown attend the ceremony with Councillor Harkirat Singh, and many of the MPPs, MPs and religious leaders joined the ceremony.



Photo Courtesy of City of Brampton

Developer teams up with local agency to empower girls

For the fourth year in a row, Morguard Corporation, which has its head office in Mississauga's city centre, announced earlier this week that it will be joining forces

with Big Brothers Big Sisters to celebrate the uniqueness of every girl across Canada with the national BeYou campaign.

The program, which is de-

signed to increase the self-esteem, self-worth and personal growth of young women via empowering initiatives, will feature a series of free interactive activities

and events at Morguard malls across the country.

The program will be rolled out from Sep. 16 - 22 in 19 enclosed owned and managed Canadian shopping centres in the Morguard real estate portfolio.

In a statement, Morguard CEO and chairman K. Rai Sahi said that the company believes in being a positive force in the communities where they operate, and the shopping centres provide a unique opportunity to reach local young women with an empowering message.

"After the continued success and growth of the program the last three years, we're very proud to launch the 2019 BeYou campaign to reach out to even more young women across the country with this inspiring message of empowerment," said Sahi.

The BeYou program gives girls access to personal and professional development

tools, while celebrating their growth, diversity and self-worth during their formative years. Morguard's collaboration with BBBS allows the campaign to impact women directly through specialized programming and mentorship, and strengthen ties in the community for lasting long-term impact.

Free interactive workshops and events that cater specifically to young women in the community are planned at each participating Morguard owned and managed shopping centre.

This year's campaign highlights include appearances by national ambassadors who will appear at BeYou events, including body positivity blogger Sarah Reynolds, Riverdale actress Tiera Skovbye, Canadian ice dancer Kaitlyn Weaver, Disney/Family Channel star Madison MacGregor and "Because I am a

Girl" artist Victoria Anthony.

Building on the 2018 BeYou MARTK'D program with Dion Walcott, this year, all 19 malls will be hosting an Art on Sneakers event. Ardene will be providing 600 pairs of sneakers for a design competition. The winner of the best sneaker design in each centre will be awarded a \$100 gift card, featured on the BeYou website and entered in a national competition.

A complete list of activities can be found at the BeYou website (beyougirl.ca), along with additional resources, workshop dates and inspirational messages.

Morguard, whose head office is located on City Centre Drive, owns and manages more than \$21 billion worth of assets across the country and throughout North America.



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Mississauga Music Walk of Fame Ceremony



Photos by Lachman Balani/PWN Staff

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Local restaurants to be featured at inaugural Taste of Cooksville

More than 20 food outlets to be featured at an inaugural festival taking place next weekend in the heart of Mississauga.

The first annual Taste of Cooksville kicks off next Sunday, Sep. 22, bringing more than 20 vendors and plenty of signature dishes to the “Five and Ten” - Dundas Street and Hurontario Road.

Visitors will have the chance to try one of several \$5 signature dishes, along with plenty of other culinary delights, activities and games as the festival closes down Dundas between Hurontario and Camilla Road from 11 a.m. - 4 p.m.

Mississauga Councillor Dipika Damerla will mark the festival's inauguration with a ribbon cutting ceremony at 1 p.m. at the main stage, located on the corner of Jaguar and Dundas.

The major intersection, which normally operates as a hub within the city, will be transformed into a pedestrian-friendly, lively and vibrant “town square”, bringing to the forefront the hidden gems of Cooksville - the numerous eateries that are tucked away in the nooks and corners of Dundas and Hurontario Streets.

Free parking will be available at Cooksville GO Station, T.L. Kennedy Secondary School and numerous plazas.

There will also be a free bike valet service available at the event.

From Mexican to Korean, European to Asian, Vietnamese to Pakistani and Indian cuisine, the festival will feature many different restaurants from the area.

Some of the restaurants that will showcase their specialties include Potluck Caribbean Cui-

sine, Pho Do Thi, WOW Korean Cuisine, The Village, Topdon Chicken, Trigo Bakery, Burrito Boyz, Ding Tea, Yumy's Chicken & Seafood, Udipi Madras Café,

Dominos Pizza, Caribbean Rush, ALB Softy Ice Cream, Euro-Max Foods, My Empanada, Gulabo Teas, Bairrada Churrasqueira and Sam's Juice Truck.

There will also be fun and entertainment for visitors of all ages with busker-style performances by local musicians, a Skateboard Park, an inflatable and a face paint-

ing/henna artistry booth.

For more information, or to find schedules for the event, visit the Taste of Cooksville website at tasteofcooksville.com.



PWN Staff Photo

Local conservancy hosts tree planting event this weekend



Ecological integrity has increasingly become an issue of importance among communities in Peel Region.

Mississauga is lucky enough to have beautiful parks and river systems that are protected by the Greenbelt Foundation with the support of Park People.

Through a collaboration between The Greenbelt Foundation and Park People, the Greenbelt River Valley Connector program has provided grants of up to \$25,000 to support place-based community projects across the GHTA that will celebrate and enhance these natural valley areas that local residents love and enjoy.

Thanks to the grant, a funded event will be taking place at The Riverwood Conservancy this Saturday, Sep. 14.

The Riverwood Conser-

vancy aims to support the City of Mississauga in the growth and development of Riverwood as a public garden, park, and nature preserve and to promote the enjoyment and enrich the experience of Riverwood for visitors and citizens of Mississauga and the surrounding areas.

Participants can enjoy this free workshop event to learn how to enjoy a beautiful native garden just about anywhere, whether it's an apartment, condo or house.

This workshop will show participants how to transform their small space into a native plant haven.

For more information or to register, visit the event website at theriverwoodconservancy.org/events/icalrepeat/detail/2019/09/14/1146/-/container-gardening-with-native-plants.html.

**Sept 22nd, 2019
11 am - 4 pm**

**TASTE
OF
COOKSVILLE**

Free Entry

Dundas St
Hurontario St

**TASTE OF COOKSVILLE
FOOD FESTIVAL**

**FOOD & FUN
FOR ALL**

SKATE ZONE

WIN PRIZES

www.tasteofcooksville.com



The main image shows a vibrant street scene at the Taste of Cooksville Food Festival. People are gathered around tables, eating and socializing. A large, multi-layered sandwich is prominently displayed in the center. The background features colorful bunting and a brick building. The text 'TASTE OF COOKSVILLE FOOD FESTIVAL' is written in a stylized font across the middle. Below it, there are circular icons representing different activities: a person singing, a bouncy castle, a henna tattoo, a skateboarder, and a prize wheel. At the bottom, a map shows the festival location on Dundas St between Hurontario St and Appleton Ave. The website 'www.tasteofcooksville.com' is listed at the very bottom.

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